

## Frequently Asked Questions – U9 & U12 SCL Young Tigers

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### How often should a child attend ice hockey training?

Depending on the sport, the recommended starting age and training volume can vary greatly. When starting a sport—especially in childhood—the immediate positive effects on health and well-being are even more important than improving athletic performance.

In ice hockey, we recommend participating in training sessions and games several times per week from the U9 level onward. From the U11 level, we recommend attending all the training sessions offered.

In the development program of the SCL Young Tigers, the focus is on developing the ideal movement patterns, behaviors, and playing habits of ice hockey. For children to develop these characteristics of the sport, regular training is necessary.

In addition to organized training and games, free play (open skating, street hockey, and other game-based sports) is also very valuable for the development of a young hockey player.

“If my children were very interested in a sport, I would try to arrange things so they could spend as much time on it as they wanted. I would think: If you enjoy practicing this sport, then you should be able to train in a way that gives you the chance to become good at it.”

— Aksel Lund Svindal, former Norwegian alpine ski racer

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### Should children practice other sports as well?

Absolutely. Diverse movement experiences are very important for the motor development of children. They enable children to practice sports in a healthy way and create the foundation for a successful specialization later on.

However, regular participation in ice hockey training remains important, since many sport-specific movements (e.g., skating) can ultimately only be learned on the ice.

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### Isn't the time commitment too high?

If a child wants to attend every training session out of their own motivation, they should be allowed to do so.

The Federal Office of Sport (BASPO) recommends at least one hour of physical activity per day for children. For children of primary school age, significantly more activity is even recommended.

Therefore, it is important for us to provide your children with an environment where they can jump, run, wrestle, fight, slide, and perform many other basic movement and play forms. We provide a platform for an active childhood.





The SCL Young Tigers aim to organize training for our youngest players in a child-friendly and age-appropriate way, including the training volume, so that the children can develop in the best possible way.

As mentioned above, regular participation in training is essential for development. We therefore encourage carpooling, so that parents can share the effort and reduce the logistical burden.

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**Because of school, my child cannot attend the desired number of training sessions. What can we do?**

We are flexible. It is possible to attend training sessions at another level or with a partner club.

However, participating at the next higher level only makes sense if the child already masters the transition skills required for that level.

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**How are players selected for tournaments?**

Players are assigned to tournaments according to their development and training level.

Stronger players (in terms of ice hockey skills and abilities) play in U9-1 or U11-1. This ensures that the children face opponents of a similar level.

A selection for U9-2 or U11-2 is a development measure intended to support the player's training and growth. At level 2, players are more involved in the game, can control the puck longer, and score goals more often. This allows them to develop better.

Selections depend on player availability. Children may have other commitments on weekends and can notify us in advance if they cannot attend a game day.

Nevertheless, the same principle applies: regular participation in tournaments supports the children's development on the ice.

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**Do parents always need to be present at trainings and tournaments?**

No, this is not necessary.

You can use the time to take care of other things with a clear conscience.

Have fun!

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### **Why do players from other clubs sometimes play in tournaments for the SCL Young Tigers?**

This is part of the Hockey Country strategy. The clubs Brandis Juniors, HC Huskys, and EHC Burgdorf belong to Hockey Country.

At some levels, these clubs do not have teams in every performance category. Their players can therefore train with us and participate in tournaments and games.

In return, our players also receive opportunities to play with the other teams.

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### **Should I reward my child with 5 francs for every goal scored?**

This may not be a frequently asked question, but it is a recurring phenomenon.

Please teach your children early on that ice hockey is not an individual sport and that team spirit comes first.

Of course, you can praise your child for scoring goals, but it is better not to create an additional financial incentive for it. Team play, defending, and teamwork are just as important as scoring goals.

In a team sport, children develop not only as athletes but also as people.

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We thank you for your tireless commitment and for supporting the development of your children!