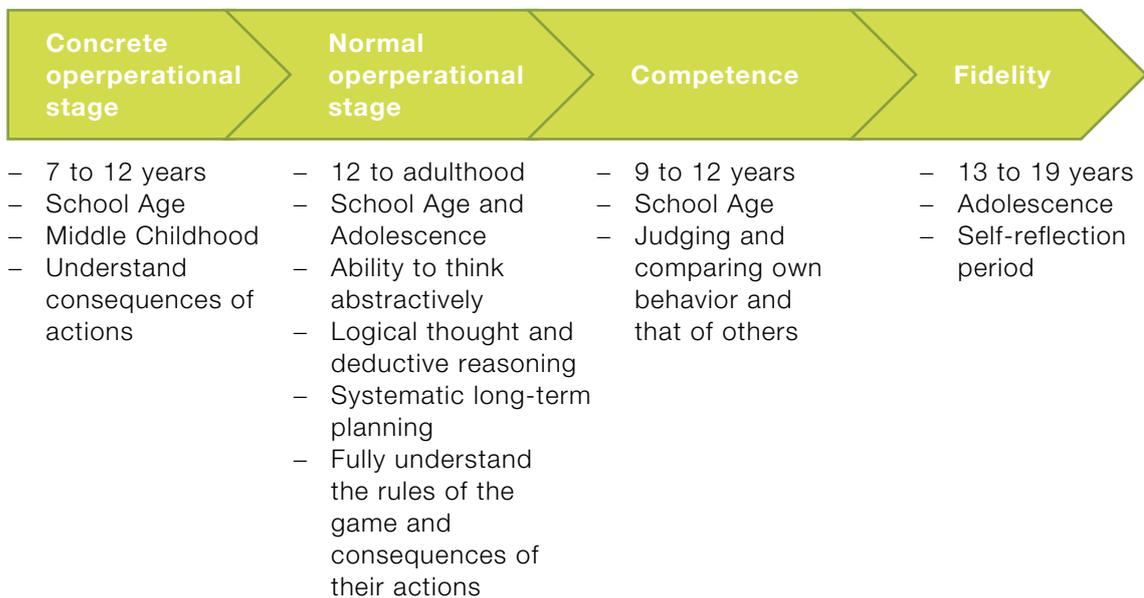


INTERMEDIATE STAGE

The Intermediate stage (roughly U14) encompasses the later parts of the concrete operational stage and the formal operational stage of intellectual development (Piaget 1954) and the later parts of the competence stage and the fidelity stage of emotional development (Erikson 1959, 1964).

INTELLECTUAL DEVELOPMENT:



Children of 11 to 14 years of age are more developed in their motor, cognitive and emotional abilities than children under the age of 10 years.

In the Intermediate stage the children are faced with more systematic training and with competitions.

INTERMEDIATE STAGE

Children are encouraged to play multiple sports and to start focusing on one main sport, but still play 1–2 other sports during ice hockey off-season and as a compensation sport during the week, during the later parts of the intermediate stage and at the beginning of the advanced stage.

IN THIS STAGE PLAYER ARE ABLE TO START TO UNDERSTAND THE CONCEPTS OF:

- Long-term goals (dream ahead)
- Short-term goals based on their individual skill development, not for competitive results
- Success
- Logic
- Abstractions
- Consequences of actions
- Motivation
- Commitment
- Communication
- Self-awareness
- Self-reflection

IN THIS STAGE PLAYERS ARE ABLE TO DEVELOP THE FOLLOWING SKILLS, AND CHARACTERISTICS:

- Ability to concentrate improves – concentration exercises
- Visualization skills - imagery can be introduced
- Ability to deliver effort deliberately and to understand and enjoy the feeling of effort during and activity
- Bringing consistent effort to practices and games
- Getting involved in decision-making
- Accept constructive feedback
- Work together with others (coaches and players)
- Responsibility for training, preparation, performance and recovery
- Mental preparation
- Self-confidence
- Self-talk techniques can be introduced
- All the other aspects of playing up, multiple sports, support by parents, etc. are equally important at this stage

The Intermediate stage encompasses the adolescent periods of adaptation. Training should focus on the development of sport specific skills, agility, speed, power, and strength.

Parents are encouraged to continue to support their children in their physical development through providing them with opportunities to participate in organized sport such as ice hockey and other sports, but at the same time to continue to be active with them by playing games, going for cycle rides, go to the pool for swimming, going for hikes in the local recreational areas and spending time with them outdoors throughout the year.

INTERMEDIATE STAGE

The role of the parents in this stage is to continue to support and develop their child's respect towards the sport and everyone involved in it, but at the same time giving them progressively more chances to make decisions independently and giving them more responsibilities towards their own development. Players are able to set goals for their own development and parents can actively support this through giving support and feedback.

THE PARENTS' BIGGEST ROLES IN THIS STAGE ARE:

- Support and listen to your child
- Help making decisions on what sport to choose, long-term goals, school and life through constructive discussions
- Encourage your child to stay active and stay involved in sports
- Discuss with your child their physical and mental development (bodily changes, late vs. early maturing)
- Discuss healthy nutrition and hydration with your child
- Observe your child's weekly schedule and make sure that it includes appropriate rest and recovery possibilities
- Make sure your child has time to meet with friends outside of the sporting experience (social life)
- Make sure your child places emphasize not only on the development within the sport but also on their academic progression