



Board/Authority Authorized Course Framework Template

School District/Independent School Authority Name: Okanagan Skaha	School District 67
Developed by: David Nackoney	Date Developed: March 2 nd , 2018
School Name: Penticton Secondary	Principal's Name: Chris Van Bergeyk
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only):
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course Name: Hockey Skills 10	Grade Level of Course: 10
Number of Course Credits: 4	Number of Hours of Instruction: 120 plus

Board/Authority Prerequisite(s): Minimum hockey skills and abilities at the tier one or two bantam level grade 10 hockey skills.

Special Training, Facilities or Equipment Required:

Special Training and Certification: Hockey coaching certification, Intro to Coach level 1, Coach level 2, Development 1, Technical Skill and development/certification and maintenance, instructions checking and making ethical decisions, Hockey Safety and respect in sports.

Facilities: OHS, SOEC, Memorial and McLaren arena.

Equipment required: During on-ice sessions, each student is required to wear **complete hockey gear as outlined by Canadian Amateur Hockey Association.**

Course Synopsis:

The Hockey Skills program allows students to develop skills specific to hockey by offering an individual and team training program. Practices are designed with individual skill development in mind through tactical and technical teaching. Our philosophy is to provide our athletes with the tools needed to execute and perform at the highest possible level. Teaching is a big part of our daily activities, from techniques to hockey IQ which gives our athletes the ability to understand the game and how to be successful within it.

Goals and Rationale:

Our primary focus is to promote the long-term development of our athletes. Creating a structured environment surrounded by world class staff and support system, allows for consistent message and value system that will allow long term development. Athletes need to be accountable on their efforts, attention to detail and above all their attitude. The commitment to excellence in all areas is what makes the skills an tremendous opportunity for any young and aspiring hockey player.

The programs emphasize the basic of hockey skills, skating, puck handling, passing and shooting. Students will need to be able to perform at an individual level related Midget and Elite 15 hockey levels. Students will need to blend those skills into a team concept.

- Students should be able to demonstrate skills
- Students need to show understanding of team concepts
- Students need to blend individual skill with team concepts
- Students will incorporate mental training into daily practice and games
- Students will be able to blend nutrition and fitness towards building a complete athlete

Aboriginal Worldviews and Perspectives

- Learning views involves generational roles and responsibilities
- Learning involves patience and time
- Learning requires exploration of one's identity.

BIG IDEAS

Developing individual Skills

Executing Team Skills

Refining Individual and Team Skills

Mental Training

Fitness and Nutrition

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Students will be able to us Individual and Team Skills</p> <ul style="list-style-type: none"> • Begin to understand the fundamentals of hockey skills. Breaking down each skill to improve the overall effectiveness of the hockey player. •Begin to understanding the game offensively and defensively • Start to read and understanding aspects of the game. Continuously following and interpreting the game. •Learning to making proper decisions. •Learning the game through roles. By learning the roles it is possible to learn technical and tactical skills. 	<p><i>Students are expected to know the following:</i></p> <p>Developing individual Skills such as:</p> <ul style="list-style-type: none"> • Power Skating • Stick Handling • Passing • Shooting • Checking • Goaltending* Goaltenders Only <p>Team Skills</p> <ul style="list-style-type: none"> • Offensive Play • Defensive Play • Regroup • Entries • Offensive Zone Coverages • Defensive Zone Coverages • Checking • Goaltending* Goaltenders Only

Mental Training

- Students should be able to improve one's attitude and mental skills to help them perform their best by embracing a healthier philosophy about their sport.

Nutrition and Fitness

- Realizing the full benefits of a consistent and well-designed performance enhancement training program requires a balanced, healthy, nutrient dense diet coupled with specific nutrient timing.

Mental Training

- Demonstrate personal goal setting
- Assess individual progress towards goal attainment
- Evaluate strengths and weaknesses
- Understand the relationship between stress and goal attainment
- Understand and develop relaxation techniques
- Identify personal motivation techniques

Fitness Training

- Monitor and Assess changes in Skill/fitness levels
- Demonstrate effective warm up techniques
- Understand how physiology affects performance
- Demonstrate improvement in their personal fitness
- Determine personal progress and performance levels
- Understand the relationship between proper nutrition, hydration and performance
- Monitor personal eating and energy levels
- Create personal eating plans

Big Ideas – Elaborations

Developing individual Skills: The student will use a combination of technical skills in order to create an advantage or to take away the advantage of an opponent. The skills can be classified as offensive or defensive.

Team Skills: A pattern of play in which the movement of the hockey players is integrated in a coordinated fashion in order to accomplish an offensive or defensive objective while showing an understanding and using the team objective.

Mental Training: In order for students to get the most out of their performance it is critical for them to understand the value of developing a strong mental approach to their training and eventually to a game situation.

Fitness Training: Students will work on their strengths and weaknesses related to their fitness. The goal is to build the most complete hockey athlete they each individual can become.

Curricular Competencies – Elaborations

Skating: Strides, transitions, pivots, quick feet and agility.

Individual offensive play: control, carry with speed, protection, driving, stick fakes, body fakes, dekes, moves in combination, creativity and deception

Individual offensive play passing and receiving: Puck management, passing, look offs, receive and control, finding seams

Team Play: Head up, puck protection, quick transitions, smart puck support under pressure, entries, retrievals, hinging, delays, cycling, net drives

Individual defensive skills: Angling, stick on puck, defensive side positioning, shot blocking, fronting, controlled skating, tracking, defense to offense

Team play defense: Time and support, Spatial awareness, situational gap control, read and react, communication.

Content – Elaborations

Hockey Gear regulated by Hockey Canada: Neck guard, shoulder pads, elbow pads, Jock strap/Jill strap, pants, knee pads, socks, skates, stick and jersey.

Recommended Instructional Components:

- Direct instruction

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

- Formative assessment: Self-assessments, Self-reflections, interviews with teacher and coaches.
- Summative assessment: Self-assessments, Self-reflections, review meetings with teacher and coaches.

Learning Resources:

Hockey Canada

Additional Information: