



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 12	Grade Level of Course: 12
Number of Course Credits: 4	Number of Hours of Instruction: 120 plus

Board/Authority Prerequisite(s): Minimum hockey skills and abilities at Midge hockey level.

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. Some classroom space is also used for some teaching elements of the course.

Equipment required: During on-ice sessions, each student is required to wear **complete hockey gear as outlined by Canadian Amateur Hockey Association**. The teaching element requires students to have a whistle, clipboard and computer/internet access.

Course Synopsis:

The focus of the Hockey Skills 12 Hockey course is the importance placed on shifting to learning the *teaching* element of hockey, compared to a player role at the Grade 11 level. The Hockey Skills program allows students to develop skills specific to hockey by offering an individual and team training program, and critical to Hockey Skills 12 is looking at the sport through the lens of a coach as well as a player. Practices are designed with individual skill development in mind through tactical and technical teaching – including the ‘why’ behind drills as much as the ‘what’. 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. Students considering this course may use it as a gateway to assisting in the instruction of hockey at the school, community or academy levels.

Goals and Rationale:

Our primary focus is to promote the long-term development of our athletes – both as players and as teachers/coaches. 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 and coaching abilities. Athletes and trainers 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 and 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 hockey. Students will need to blend those skills into a team concept. The focus of this upper-level course is to begin having players to view the principles and mechanics of hockey from an instructional point of view.

- Students need to show a capacity to convey ideas from a coaching/teaching point of view
- Students should be able to demonstrate various hockey 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 and Teaching Skills

Executing Team Skills and Conveying to other Players

Refining Individual and Team Skills

Mental Training as a Team Concept

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 use Individual and Team Skills</p> <ul style="list-style-type: none"> • Students will understand the fundamentals of hockey skills. Breaking down each skill to improve the overall effectiveness of the hockey player. • Students will understand the game offensively and defensively • Students will start to work with and understand the strengths and weakness of teammates. • Students will read and understanding aspects of the game. Continuously following and interpreting the game. • Students will learn to make proper decisions. • Learning the game through roles. By learning the roles it is possible to learn technical and tactical skills. • Students will be able understand why they practice certain drills and how they pertain to game situation. • Student will be able to teach skills to younger students. • Students will learn to start reading the plays. Understanding next move. • Learn to play without the puck both offensively and defensively. 	<p><i>Students are expected to know the following:</i></p> <p>Developing individual Skills such as:</p> <ul style="list-style-type: none"> • Teach Power Skating • Advanced Stick Handling technique • Counter and Pivot Passing • Progressed Shooting • Contact Confidence and separation • Goaltending* Mental Preparation • Post-secondary research <p>Team Skills</p> <ul style="list-style-type: none"> • Develop and teach Offensive Play • Develop and teach Defensive Play • Regroup • Entries Mid ice and offensive • Offensive Zone Coverages • Defensive Zone Coverages • Goaltending* Playing puck and angels. • Speciality teams. Advanced terminology and options • Plays off of face offs Offensive, Defensive, Center ice, Power play and penalty kill. • Fore check 122 and 131 zone deference adjusting and reading. • Natural Zone placement and zone play

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.
- Student will work on skills that will allow them to perform under extreme pressure.

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.
- Develop a training program that recognizes and incorporates techniques towards building a program that is best used for each individual.
- Student will be able present and or discuss optimal eating habits for success.

Mental Training

- Demonstrate personal and team goal setting
- Collaborate team goals
- Evaluate team goals
- Evaluate strengths and weaknesses with individual and team.
- Understand the relationship between stress and goal attainment
- Understand and develop relaxation techniques
- Identify personal motivation techniques
- Realistic mental goals in regards to level of play
- Separate mind from body

Fitness Training

- Monitor and Assess changes in Skill/fitness levels
- Demonstrate and teach effective warm up techniques
- Understand the mechanisms underlying human movement exercise, and physical activity
- Demonstrate improvement in their personal fitness with WHL combine testing
- Determine personal progress and performance levels
- Understand the relationship between proper nutrition, hydration and performance
- Monitor personal eating and energy levels
- Create and log personal eating plans. Establish a monthly log that monitors personal levels of energy and performance. Evaluate when you perform at maximum level and adjust training and diet to aid performance.

Big Ideas – Elaborations

Developing individual Skills: The student will use a combination of technical skills in order to create and advantage or to take away the advantage of and opponent. The skills can be classified as offensive or defensive. Game like, full speed under pressure.

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. Reading and reacting. Implementing penalty kill and for checking.

Mental Training: In order for students to get the most of 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. Understanding who they are and what they bring to the team. Knowing your role within team concepts.

Fitness Training: Students will work on their strengths and weakness related to their fitness. The goal is to build the most complete hockey athlete they each individual can become. Students at this level will have to start to learn life style as it relates to playing at a higher level. Physicality becomes more of a part of practice. Preparation for higher level of play. Jr. A, WHL and USHL.

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. Rotational movement related to teammate reactions.

Counter passing: Reading when the first pass is taken away what are next options.

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

USA Hockey

WHL Network

Additional Information: