

Hockey 31G: Course Outline

McCreary School Hockey Canada Skills Academy 31G

Teacher: Mr. Billett

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Required Materials

- Change of Gym Clothes
- Gym Shoes
- Hockey equipment. (If you do not have hockey equipment let me know and we will work to find some for you.) List Click [Here](#)
- Note paper (loose leaf) and a binder to keep class work
- Pencils & Pens
- USB Memory stick

You are asked to acquire the above materials as quickly as possible and bring them with you to EVERY class. Should you not have already done so, please ensure that your Internet user agreement has been signed, thus allowing you to access the computers.

Course Description: The program will use the Athlete Centered Model in sport whereas the student athlete is the centre of developmental attention. The hockey student's physical, mental and social skills, and developmental needs are always respected. Although minimum standards of performance are expected athletically and academically (as agreed upon by local partners), each hockey student progresses at their own individual pace and ambitions. The outcome is not to develop future professional or international calibre athletes, or even Rhode Scholars. The outcome is to enhance a hockey student's confidence, individual playing skills, self-esteem, and opportunities in both academics and athletics beyond the secondary school system.

The Hockey Academy will be broken up into three parts where students will participate in on-ice skills development (at the hockey rink), in off-ice skills development (gym and weight room) and theory and classroom instruction.

Content Outline and Time Allotments

On-Ice

- | | |
|---------------------|----------|
| 1. Defensive Zone | 12 hours |
| 2. Offensive Attack | 12 hours |
| 3. Skating | 10 hours |
| 4. Shooting | 8 hours |
| 5. Checking | 8 hours |
| 6. Passing | 7 hours |
| 7. Stickhandling | 7 hours |

Off-Ice Training & Classroom Theory

- | | |
|---------------------------|----------|
| 1. Aerobic conditioning | 10 hours |
| 2. Plyometrics | 8 hours |
| 3. Weight training | 8 hours |
| 4. Classroom instruction | |
| a. Officials | 5 hours |
| b. Team Strategies | 3 hours |
| c. Hockey as a team sport | 3 hours |
| 5. Team dynamics | 5 hours |
| 6. Nutrition | 4 hours |

Total 110 hours

Goals of 2017/18 McCreary School Hockey Canada Skills Academy 31G:

- learn various aspects of team concepts.
- recognize the various components that make up a team skill
- learn about nutritional benefits as it pertains to hockey.
- learn about specific strength and conditioning exercises that benefit hockey athletes.
- analyze the statistical information provided and assess its relevance to a player

Evaluation and Assessment:

Assessment will be based on a variety of activities that cater to the various learning styles of students. Individual and group research, physical techniques, on ice techniques, tactics, and on ice activities will be part of the evaluation of the course. Both peer and self-assessment will be used on a number of assignments throughout the year.

For each task, you will be given a set of evaluation guidelines in order to help you put forth your best work. It is **your** responsibility to examine the guidelines & assignment criteria **in advance** to ensure you have the opportunity to ask any-all questions. Remember, if you need clarification on an assignment, chances are, that a number of your peers have the same questions, so **please ask**.

Late assignments will be dealt with in accordance to school policy.

Should you be absent for whatever reason, it is **your** responsibility to check the missed assignment folder, take responsibility for all missed work, and take down any missed notes. Regular attendance is crucial for success in this course.

Assessment will be ongoing and will include participation in daily classroom activities, quizzes, unit tests, projects, on ice participation and the final assignment. Please refer to the evaluation format below.

Evaluation Format:

Term Work - Formally Evaluated Work (assignments, unit tests, projects).....	80%
Final Project (Which covers the entire course).....	20%

I encourage you to come see me or email me at any point with your questions relating to this course. I will be available to provide extra help or answer any questions upon special arrangement. Just Ask!