

WESTERN UNIVERSITY
SCHOOL OF KINESIOLOGY
KINESIOLOGY 2984B - ICE HOCKEY

HOCKEY FUNDAMENTALS and COACHING

*Monday 10:30am to 12:30pm (classroom)

Wednesday 10:30am to 12:30pm (on-ice)

*we will also be on the ice some Mo

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COURSE DESCRIPTION

This course will follow a natural progression focusing fundamental ice hockey skill development and coaching strategy. The course will introduce the basic rules and skills required to play ice hockey and emphasize key principles in teaching these courses as part of a Kinesiology curriculum. It will also focus on the strategy and theory of coaching ice hockey. The facets of the coaching discussed will be practice and season planning, offensive and defensive tactics, scouting, offensive and defensive systems, special teams, team building and goaltending. The course will also touch on current issues related to the game, error detection/correction methods, strength training for hockey and injury prevention. The course will also cover many of the elements found in the Hockey Canada Coach Level coaching course.

COURSE OBJECTIVES

1. To study the game of hockey and gain an understanding of its basic rules, terms and current issues relating to the sport.
2. To acquire basic ice hockey skills and perform them with a level of skill appropriate to university Kinesiology students. In addition, the student should be able to demonstrate and describe the key teaching points related to the basic hockey skills.
3. To acquire basic knowledge related to strength training, injury prevention, motivation incorporate it into game situations.
4. To work successfully in a competitive learning environment and to assist other students with learning through group work and cooperative learning.
5. To understand basic learning progressions and be able to successfully apply error detection/correction methods
6. To understand how to plan and successfully run a practice for elite athletes.
7. To develop the ability to understand the tactics and strategy involved in ice hockey, and apply them to practice and game situations.
8. To use the knowledge gained in the course to pre-scout a team, and prepare a scouting report.

9. To understand the basic administrative tasks related to coaching an ice hockey team. This will touch on but not be limited to scheduling, recruiting, fundraising and player acquisition.

REQUIRED EQUIPMENT

Skates, Hockey Gloves, Stick and Helmet with a CHA Approved Face Mask

REQUIRED READINGS

Provided by the instructor.

EVALUATION

Performance (15%)

You will be evaluated on your contribution to the class and participation in discussions. You will also be evaluated on your execution of