



GRADE 10

Hockey 10

SD37 Delta

This course provides young male and female hockey players access to professional and junior level coaches that otherwise would not be accessible. This course is designed to further develop players in a manner beyond their typical team experience. Course content includes the development of technical skills (power skating included), individual tactics, team tactics, team play/systems, strategy, off-ice training specific to hockey and health and wellness.

Credits: 4

Approval Date: Jun 2018

Hours: 120

Trax Code: YHRA

GOALS AND RATIONALE

Research indicates that having students actively involved in their chosen sport, during school hours, will increase positive attitudes towards school in general. Further, by increasing skill development, students will enhance their potential for enjoyment in a sport that will keep them physically engaged and help maintain a healthy, positive lifestyle beyond graduation.

BIG IDEAS

*Participation in sport builds self-esteem and confidence *Participation in sport requires communication, teamwork, and goal setting *Knowledge of fitness and nutrition enables a healthy lifestyle *Skill development is an ongoing process of practice, feedback, and reflection

ADDITIONAL INFORMATION

Most 13 to 16 year old community hockey players average between 1.5 and 2.5 hours of practice time per week. By taking advantage of the local unused ice available during the day, this course affords students the opportunity to further develop their individual skills, increase their enjoyment of hockey and their engagement in schooling overall.