



GRADE 10

Hockey Canada Skills Academy

SD53 Okanagan Similkameen

The Hockey Skills Program has been developed to offer student hockey players an individualized training program. Participants will develop hockey skills, fitness, training knowledge and nutritional information. Instruction will take place during on-ice sessions, off-ice training sessions and in classroom settings. The Technical Curriculum for the Program is based upon the Hockey Canada Skills Academy TM.

Credits: 4

Approval Date: May 2018

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

This course is offered in order to meet the needs of student hockey players in SD 53. The program's long-term goal is not to develop professional or international caliber athletes. Rather, the outcome is to enhance a student's confidence and self-esteem with individual hockey skills, and to link athletics to academics, while at the same time making efficient use of available ice facilities during the school day hours. The program is open to players of all ability levels, male or female; however, the main focus will be to attract keen students who wish to improve their individual skills and wish to maximize their own potential both on and off ice. All students should be registered in their local minor hockey association.

BIG IDEAS

Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals. Understanding the factors that influence our skills empowers us to take action to improve them. Following proper training guidelines and techniques can help us to improve our skills on the ice. Participation in hockey allows for the development of leadership skills that can be applied in a variety of contexts and environments.

ADDITIONAL INFORMATION

Recommended Instructional Components: - Direct Instruction - Indirect Instruction - Interactive Instruction - Modeling - Videotaping - Performance Analysis - Skills Training Videos - Fitness Assessments / Skills Assessments