



**GRADE 10**

# Hockey Skills 11

## SD43 Coquitlam

The 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.

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**Credits:** 4

**Approval Date:** Apr 2019

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**Hours:** 120

**Trax Code:** Y

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## GOALS AND RATIONALE

Develop an understanding of basic movement techniques on-ice, - skating backwards & making very tight turns. Use proper strategy in positioning on the ice in anticipation of required offensive & defensive movements. Understand proper nutrition necessities for athlete training. Develop fitness techniques specific to the sport of hockey. Develop on-ice communication strategies. Develop an understanding of positional play in increasingly complex on-ice scenarios.

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## BIG IDEAS

Understanding our own strengths is key to setting appropriate personal goals. Building strong communication skills improves team performance and collegiality. Developing hockey skills includes learning to make healthy living choices. A well-designed fitness plan ensures proper physical development of successful hockey players. A clear understanding of how the body can move efficiently is essential for successful team play.

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## ADDITIONAL INFORMATION

Aboriginal Worldviews and Perspectives: All components of the curriculum complement Aboriginal worldviews that recognize learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place). Cultural land use considerations and first nations knowledge as they relate to athletic leader opportunities.