



## Board /Authority Approved Course

### Hockey Academy 10

North Okanagan Shuswap	School District 83
Developed By: Terry Shykora	Date Developed: May 2018
School Name: A L Fortune Secondary School	Principal's Name: Mr. Gene Doray
Superintendent Approval Date:	Superintendent Signature:
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course: Hockey Academy	Grade Level of Course: 10
Number of Course Credits: 4	Number of Hours of Instruction: 70 on ice, 20 off ice

#### Board/Authority Prerequisite(s):

- None

#### Special Training, Facilities, or Equipment Required:

- Facilities: hockey ice surface, gym, fields, weight room, dressing room, classroom.
- On-ice equipment: pucks, hockey nets, cones, coloured pinnies, iPad for video, timers, radar gun, stickhandling dangles, accuracy shooting targets, stick lengths, tires, steel pucks, balls, resistance chutes
- Off-ice equipment: mats, agility ladders, mini hurdles, elastic bands, soccer balls, tennis balls and rackets, floorball equipment, resistance straps with waist attachment, cones.

#### Course Synopsis:

The A L Fortune Hockey Academy is designed to allow students to meet their educational goals in the areas of physical development of body awareness, physical fitness, flexibility, strength, and skill development through the sport of hockey. Students who are passionate about the sport tend to have an added motivation to work harder to accomplish their goals. At the same time as they are striving to attain success as accomplished hockey players, they will be exposed to numerous other character building life skills which will help make them overall rounded and responsible citizens of their communities.

### **Goals and Rationale:**

#### **Goals:**

Within the A. L Fortune Hockey Academy, students will:

- Receive quality instruction in hockey skill development training from certified and experienced instructors.
- Continuously improve their hockey skills and physical fitness levels through exposure to a variety of physical activities and frequent skill and fitness testing.
- Be educated on personal development which includes not only sport skill development, but also growth and development of individual character. This includes values such as respect, cooperation, a hard work ethic, and responsibility.
- Review the importance of behaving responsibly, and participate in specific activities designed to enhance social responsibility.
- Receive sports science knowledge including physical fitness, sports nutrition, strength training, sport psychology, and mental training

#### **Rationale:**

Students who select this program will obtain a quality education through increased quality sport training as an area of choice within their educational pathway. This course is intended for students who have a passion in the area of hockey and want to participate in extensive hours of hockey-specific skill development training in order to improve their game and advance their knowledge, skill, and fitness to the next level. These student-athletes will gain knowledge in a variety of areas such as setting smart goals, the importance of teamwork, sports nutrition, mental skills training, and character building as well as a variety of life skills. Students not only learn all the necessary developmental skills to play the game of hockey, but they also focus on the execution of skills such as team sport concepts. A by-product of this opportunity is to have healthy students who are physically active and will enjoy participating in sport for life.

### **Aboriginal Worldviews and Perspectives:**

#### **Declaration of First Peoples Principles of Learning:**

- Students will understand that learning involves patience and time. The emphasis is on understanding ideas and concepts rather than memorizing information. Every year there will be a deepening of knowledge by revisiting and making connections to previous ideas and concepts.

### Declaration of Aboriginal Worldviews and Perspectives:

- Students will be provided opportunities for experiential learning. Students will be given real game scenarios and challenged to create ways to best accomplish given tasks. There will be an emphasis on how to practically apply the theoretical concepts introduced to game situations.

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### BIG IDEAS

Student success and enjoyment of the game will improve with quality daily instruction and practice of skill technique.

Personal fitness can be enhanced through participation in a variety of physical training exercises on and off the ice.

Players will succeed and excel on their individual hockey teams if they understand and can implement the most important team concepts during play.

### Learning Standards

Curricular Competencies	Content
<p>Students are expected to do the following:</p> <p><b>Individual Technical Skills</b></p> <ul style="list-style-type: none"><li>• Learn and practice the most proficient techniques for the individual technical skills of hockey on a daily basis including:</li><li>• Forward skating</li><li>• Backward skating</li><li>• Passing and receiving</li><li>• Shooting</li><li>• Checking (skating, angling, body position, stick checks)</li><li>• Participate in early, middle, and late season individual skills testing in the areas of:</li><li>• Stickhandling and agility skating</li><li>• Forward and backward sprints with puck</li><li>• Anaerobic forward skating speed control</li><li>• Shooting velocity</li><li>• Shooting accuracy</li></ul>	<p>Students are expected to know the following:</p> <ul style="list-style-type: none"><li>• How to perform an efficient forward stride</li><li>• How to perform an efficient backward stride</li><li>• How to efficiently pass and receive a pass</li><li>• How to develop a forceful and accurate shot</li><li>• How to effectively check an opponent using speed, angling, body position, and stick checks</li><li>• How to reflect on individual skills tests and use the results to create specific, measurable, and attainable goals in the areas of their greatest weaknesses</li></ul>

<p><b>Personal Fitness</b></p> <ul style="list-style-type: none"> <li>• Participate in daily physical activities designed to enhance fitness levels</li> <li>• Identify, apply, and reflect on strategies utilized to pursue personal fitness goals specific to hockey</li> <li>• Explain how developing competencies in fitness and conditioning activities can increase confidence and effectiveness as a hockey player and in general</li> <li>• The importance of flexibility in performance and injury prevention</li> <li>• The importance of balance and agility in effective performance of hockey and all athletic skills</li> </ul> <p><b>Team Skills and Sport Concepts</b></p> <ul style="list-style-type: none"> <li>• Understand when your team is on defence or offence</li> <li>• Understand the importance of almost always having purposeful movement during play</li> <li>• Understand how pressure creates turnovers and creates offensive opportunities</li> <li>• Understand how to best support teammates when on offence and defence, and how to effectively use supporting teammates</li> </ul>	<ul style="list-style-type: none"> <li>• Ways to train the muscular and cardiovascular systems</li> <li>• Which muscles (e.g., quadriceps, pectorals, deltoids, core group,...) are especially important to hockey</li> <li>• Which cardiovascular system (anaerobic/aerobic) is most important in hockey</li> <li>• How to improve the anaerobic/aerobic system using High Intensity Interval Training (HIIT) in off-ice training exercises</li> <li>• Effective stretches specific to hockey</li> <li>• Effective static balance, dynamic balance, and agility exercises</li> </ul> <ul style="list-style-type: none"> <li>• How to change positioning and objectives when your team transitions from offence to defence and vice versa</li> <li>• Where to be moving to with respect to the puck and the other players on the ice</li> <li>• When to be the first to pressure the puck, and how to support your teammates when you are not first on the puck</li> <li>• How to keep your head up, read the play, and in an effective and timely manner get to good support positions</li> </ul>
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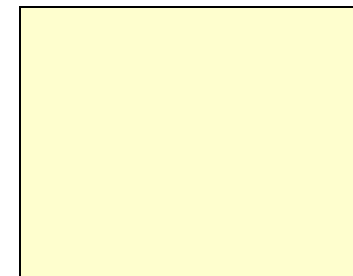
### BIG IDEAS

Student success and enjoyment of the game will improve with quality daily instruction and practice of skill technique.

Personal fitness can be enhanced through participation in a variety of physical training exercises on and off the ice.

Players will succeed and excel on their individual hockey teams if they understand and can implement the most important team concepts during play.

Players will be much more successful athletes if they understand and effectively use the main mental skills developed by sport psychologists.



### Learning Standards

Curricular Competencies	Content
<p>Students are expected to do the following:</p> <p><b>Individual Technical Skills</b></p> <ul style="list-style-type: none"> <li>• Learn and practice the most proficient techniques for the individual technical skills of hockey on a daily basis including: <ul style="list-style-type: none"> <li>• Forward skating</li> <li>• Backward skating</li> <li>• Passing and receiving</li> <li>• Shooting</li> <li>• Checking (skating, angling, body position, stick checks)</li> </ul> </li> <li>• Participate in early, middle, and late season individual skills testing in the areas of: <ul style="list-style-type: none"> <li>Stickhandling and agility skating, Forward and backward sprints with puck, Anaerobic forward skating speed, Shooting velocity, Shooting accuracy</li> </ul> </li> <li>• Learn how to combine individual skills into effective individual tactics</li> </ul> <p><b>Personal Fitness</b></p>	<p>Students are expected to know the following:</p> <ul style="list-style-type: none"> <li>• How to perform an efficient forward stride</li> <li>• How to perform an efficient backward stride</li> <li>• How to efficiently pass and receive a pass</li> <li>• How to develop a forceful and accurate shot</li> <li>• How to effectively check an opponent using speed, angling, body position, and stick checks</li> <li>• How to reflect on individual skills tests and use the results to create specific, measurable, and attainable goals in the areas of their greatest weaknesses</li> <li>• How to combine skills such as forward skating and stickhandling to efficiently evade opponents</li> </ul> <ul style="list-style-type: none"> <li>• Ways to train the muscular and cardiovascular systems</li> </ul>

<ul style="list-style-type: none"> <li>• Participate in daily physical activities designed to enhance fitness levels</li> <li>• Identify, apply, and reflect on strategies utilized to pursue personal fitness goals specific to hockey</li> <li>• Explain how developing competencies in fitness and conditioning activities can increase confidence and effectiveness as a hockey player and in general</li> <li>• The importance of flexibility in performance and injury prevention</li> <li>• The importance of balance and agility in effective performance of hockey and all athletic skills</li> </ul> <p><b>Team Skills and Sport Concepts</b></p> <ul style="list-style-type: none"> <li>• Understand when your team is on defence or offence</li> <li>• Understand the importance of almost always having purposeful movement during play</li> <li>• Understand how pressure creates turnovers and creates offensive opportunities</li> <li>• Understand how to best support teammates when on offence and defence, and how to effectively use supporting teammates</li> <li>• Understand that successful teams work together to create numerical advantages then effectively use them to create scoring opportunities or to regain puck possession</li> <li>• Understand how to effectively execute team tactics using cooperation and timing with teammates</li> </ul> <p><b>Mental Skills</b></p> <ul style="list-style-type: none"> <li>• Understand that mental skills can play a major role in the success of an athlete</li> <li>• Identify the keys to creating effective goals (specific, measureable, attainable, long and short term)</li> <li>• Understand a variety of relaxation techniques which can be used to reduce stress and improve performance</li> <li>• Understand how visualization can improve performance</li> </ul>	<ul style="list-style-type: none"> <li>• Which muscles (e.g., quadriceps, pectorals, deltoids, core group,...) are especially important to hockey</li> <li>• Which cardiovascular system (anaerobic/aerobic) is most important in hockey</li> <li>• How to improve the anaerobic/aerobic system using High Intensity Interval Training (HIIT) in off-ice and on-ice training exercises</li> <li>• Effective stretches specific to hockey</li> <li>• Effective static balance, dynamic balance, and agility exercises</li> </ul> <ul style="list-style-type: none"> <li>• How to change positioning and objectives when your team transitions from offence to defence and vice versa</li> <li>• Where to be moving to with respect to the puck and the other players on the ice</li> <li>• When to be the first to pressure the puck, and how to support your teammates when you are not first on the puck</li> <li>• How to keep your head up, read the play, and in an effective and timely manner get to good support positions</li> <li>• How to use speed, positioning, and effective reading of the play to create numerical advantages at appropriate times</li> <li>• How to effectively execute principles such as triangulation, give and go, creating rebounds,...</li> </ul> <ul style="list-style-type: none"> <li>• The major mental skills most often used by sport psychologists to improve athlete performance</li> <li>• How to use goal setting strategies and test results to set effective on-ice and off-ice goals for themselves</li> <li>• How to use relaxation techniques to effectively reduce stress in intense situations</li> <li>• How to use visualization to improve performance results on specific tasks</li> </ul>
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### BIG IDEAS

Student success and enjoyment of the game will improve with quality daily instruction and practice of skill technique.

Personal fitness can be enhanced through participation in a variety of physical training exercises on and off the ice.

Players will succeed and excel on their individual hockey teams if they understand and can implement the most important team concepts during play.

Players will be much more successful athletes if they understand and effectively use the main mental skills developed by sport psychologists.

Students can improve their health and fitness by understanding and following the latest nutritional guidelines.

### Learning Standards

Curricular Competencies	Content
<p>Students are expected to do the following:</p> <p><b>Individual Technical Skills</b></p> <ul style="list-style-type: none"><li>• Learn and practice the most proficient techniques for the individual technical skills of hockey on a daily basis including:</li><li>• Forward skating</li><li>• Backward skating</li><li>• Passing and receiving</li><li>• Shooting</li><li>• Checking (skating, angling, body position, stick checks)</li><li>• Participate in early, middle, and late season individual skills testing in the areas of: Stickhandling and agility skating, Forward and Backward sprints with puck, Anaerobic forward skating speed, Shooting velocity, Shooting accuracy</li><li>• Learn how to combine individual skills into effective individual tactics</li></ul>	<p>Students are expected to know the following:</p> <ul style="list-style-type: none"><li>• How to perform an efficient forward stride</li><li>• How to perform an efficient backward stride</li><li>• How to efficiently pass and receive a pass</li><li>• How to develop a forceful and accurate shot</li><li>• How to effectively check an opponent using speed, angling, body position, and stick checks</li><li>• How to reflect on individual skills tests and use the results to create specific, measurable, and attainable goals in the areas of their greatest weaknesses</li><li>• How to combine skills such as forward skating and stickhandling to efficiently evade opponents</li></ul>

**Personal Fitness**

- Participate in daily physical activities designed to enhance fitness levels
- Identify, apply, and reflect on strategies utilized to pursue personal fitness goals specific to hockey
- Explain how developing competencies in fitness and conditioning activities can increase confidence and effectiveness as a hockey player and in general
- The importance of flexibility in performance and injury prevention
- The importance of balance and agility in effective performance of hockey and all athletic skills

**Team Skills and Sport Concepts**

- Understand when your team is on defence or offence
- Understand the importance of almost always having purposeful movement during play
- Understand how pressure creates turnovers and creates offensive opportunities
- Understand how to best support teammates when on offence and defence, and how to effectively use supporting teammates
- Understand that successful teams work together to create numerical advantages then effectively use them to create scoring opportunities or to regain puck possession
- Understand how to effectively execute team tactics using cooperation and timing with teammates

**Mental Skills**

- Understand that mental skills can play a major role in the success of an athlete
- Identify the keys to creating effective goals (specific, measureable, attainable, long and short term)

- Ways to train the muscular and cardiovascular systems
- Which muscles (e.g., quadriceps, pectorals, deltoids, core group,...) are especially important to hockey
- Which cardiovascular system (anaerobic/aerobic) is most important in hockey
- How to improve the anaerobic/aerobic system using High Intensity Interval Training (HIIT) in off-ice and on-ice training exercises
- Effective stretches specific to hockey
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- How to change positioning and objectives when your team transitions from offence to defence and vice versa
- Where to be moving to with respect to the puck and the other players on the ice
- When to be the first to pressure the puck, and how to support your teammates when you are not first on the puck
- How to keep your head up, read the play, and in an effective and timely manner get to good support positions
- How to use speed, positioning, and effective reading of the play to create numerical advantages at appropriate times
- How to effectively execute principles such as triangulation, give and go, creating rebounds,...

- The major mental skills most often used by sport psychologists to improve athlete performance
- How to use goal setting strategies and test results to set effective on-ice and off-ice goals for themselves



<ul style="list-style-type: none"> <li>• Understand a variety of relaxation techniques which can be used to reduce stress and improve performance</li> <li>• Understand how visualization can improve performance</li> </ul> <p><b>Health and Nutrition</b></p> <ul style="list-style-type: none"> <li>• improve the health of themselves and others</li> <li>• develop an understanding of a variety of health factors</li> <li>• understand the role of goals and implement a workable goal setting plan</li> <li>• work cooperatively on a small group project</li> <li>• successfully plan and implement an activity to help others to improve some aspect of their personal health</li> </ul>	<ul style="list-style-type: none"> <li>• How to use relaxation techniques to effectively reduce stress in intense situations</li> <li>• How to use visualization to improve performance results on specific tasks</li> </ul> <ul style="list-style-type: none"> <li>• Research the latest information on nutrition and complete an assignment on the topic in general</li> <li>• Help organize a school wide activity like the Terry Fox Run</li> <li>• Learn how to use goal setting for success and implement their own health plan</li> <li>• Individually research, prepare, and give a class presentation on a health issue</li> <li>• In groups, work cooperatively to design a health improvement project, then implement a health improvement activity with members of the entire school community</li> </ul>
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**Assessment:**

1. Daily Participation Mark: Students are evaluated daily with regard to being fully prepared, focused and on task, attentive, and based on their level of effort.
2. Skills Improvement: This is based on entirely objective statistics from a battery of on-ice tests given early, mid, and late semester. (Tests include forward sprint speed, backward sprint speed, mid-distance forward speed, agility skating and stickhandling speed, shooting accuracy, and shooting velocity.)
3. Self-assessment based on student developed goals. This is introduced after a goal setting unit in which students learn how to create effective personal goals which are short term, measureable, attainable, and challenging.
4. Subjective Character Mark: This is a collaborative assessment by all coaches with regards to a student's coachability, work ethic, leadership, and hockey/sport IQ.