

**WESTERN UNIVERSITY
SCHOOL OF KINESIOLOGY
KINESIOLOGY 3908T**

ICE HOCKEY COACHING

4th Quarter

Monday 10:30am – 12:30pm Classroom

Wednesday 10:30am – 12:30pm Thompson Arena

Friday 10:30am – 11:30am Classroom or Thompson Arena

Clarke Singer

Thames Hall 3157

661-2111, x88525

661-2111, x88439

cdsinger@uwo.ca

COURSE DESCRIPTION

This course will be a natural progression from the Ice Hockey Skills course. It will focus on the strategy and theory of coaching ice hockey. The facets of the game discussed will be practice and season planning, offensive and defensive tactics, scouting, offensive and defensive systems, special teams, team building and goaltending.

COURSE OBJECTIVES

1. To add to the knowledge base gained in the Ice Hockey Skills course.
2. To understand how to plan and successfully run a practice for elite athletes.
3. To develop the ability to understand the tactics and strategy involved in ice hockey, and apply them to practice and game situations.
4. To use the knowledge gained in the course to pre-scout a team, and prepare a scouting report.

REQUIRED EQUIPMENT

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

REQUIRED READINGS

Provided by the instructor.

COURSE CONTENT

WEEK ONE

Course Overview and Team Building
Practice Planning
Scouting an Opponent

WEEK TWO

Practice Planning Ice Session
Drill Development Ice Session

WEEK THREE

Offensive Team Play
Offensive Team Play Development Ice Session

WEEK FOUR

Defensive Team Play
Defensive Team Play Development Ice Session

WEEK FIVE

Special Teams (Power Play and Penalty Killing)
Special Teams Development Ice Session
Goaltending

WEEK SIX

Practice Plan Execution (on-ice)
Theory Test

EVALUATION

Participation (10%)

You will be evaluated daily on your attendance and participation in class.

Coaching Assignment (40%)

This assignment will include:

- the development of a practice plan
- the development of a team building exercise
- the execution of your practice plan on the ice

Theory Test (50%)

The theory test will cover any material presented in the class and on-ice sessions.