



Hockey Academy – Theory & Conditioning 11

School District/Independent School Authority Name: Sardis Secondary School	School District/Independent School Authority Number (e.g. SD43, Authority #432): SD33
Developed by: Jeff Grenier	Date Developed: May 15, 2024
School Name: Sardis Secondary School	Principal’s Name: Lynnet Shramm
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only):
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course Name: Hockey Theory	Grade Level of Course: 11
Number of Course Credits:	Number of Hours of Instruction:

Board/Authority Prerequisite(s):

Special Training, Facilities or Equipment Required: NCCP COACHING LEVEL 2. NCCP RESEPCT IN SPORT. HOCKEY CANADA COACHING 1.

Course Synopsis: The Sardis Hockey Academy provides high-performance training and values-based character development to participating athletes. Our program offers student-athletes from SD33 Schools the opportunity to enhance their athletic abilities, build strong character, and achieve academic excellence. Emphasizing skill development, we foster high levels of individual participation within a cooperative and collaborative framework.

Our goal is to complement existing community hockey organizations by creating a positive learning environment that promotes and enhances skill development both on and off the ice. To further enrich our program, we feature guest instructors who bring expertise in essential areas such as

speed, agility, and quickness training, performance nutrition, and mental preparation. These specialized sessions ensure that our athletes receive comprehensive training, equipping them with the tools needed for peak performance and overall well-being

Goals and Rationale: By studying hockey on and off the ice, students will gain an appreciation for the complexity of sport at an elite level while developing knowledge and skills that will lead to a positive and healthy life. The Sardis Hockey Academy intends to provide high performance training and community values-based character development to athletes. As a program we have set up a structure that will help players improve on and off the ice.

Local Indigenous Connections:

The community of Chilliwack along with surrounding communities have a long history of Indigenous successes in hockey. Many indigenous players have found success playing on a variety of different teams and leagues. Inviting local guest speakers in to share their stories will help inspire students to follow their dreams and continue to play hockey now and into the future

Aboriginal Worldviews and Perspectives:

1. Learning ultimately supports the well-being of the self, the family, and the community.
2. Learning is holistic, reflexive, reflective, experiential, spiritual, and relational (focused on connectedness, reciprocal relationships, and a sense of place)
3. Learning involves recognizing the consequences of one's actions
4. Learning is embedded in memory and story
5. Learning requires exploration of one's identity
6. Learning involves patience and time
7. Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations

BIG IDEAS

Hockey specific strength and conditioning movements and nutrition protocols promote lifelong participation and excellence in the sport of ice hockey

Creation and analysis of an individualized personal training program and techniques based on sport science that relate to ice hockey

Technical and tactical knowledge building and analysis of hockey skill execution

Athletes will develop and refine a deeper knowledge and practice of pre, during, and post season mental performance strategies

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p><u>Off-Ice Sport Specific Conditioning</u></p> <ul style="list-style-type: none"> Participate in aerobic fitness, anaerobic conditioning, muscular endurance, strength and flexibility programs, and SAQ (Speed, Agility, Quickness) training as each relate to ice hockey. Demonstrate awareness of safe practices during in a weightroom and track setting. Develop and demonstrate foundational movement patterns that can be positively applied to the game of ice hockey. Develop and demonstrate progression through each phase of the season. Pre, mid, and post season programming and implementation Develop and demonstrate progression in their ability to utilize all forms of injury prevention strategies. Develop and demonstrate an understanding of individual vs team strategies and tactics. 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> Identify the benefits of active living Understand and apply the FITT principle Identify and explain the effects of exercise on the body systems before, during and after exercise Understand the relationship between hockey and aerobic fitness, anaerobic conditioning, muscle endurance, strength and flexibility Understand recovery and revitalization techniques

- *Demonstrate a willingness to participate in all aspects of sport specific mobility practices including the practice of Yoga & FMS (functional movement systems).*

Students are expected to do the following:

Training Programs and Techniques

- *Analyze a personal hockey specific nutritional plan focused on pre- and post-performance standards*
- *Analyze a personal training program for all 3 components of a hockey season.*
- *Identify, explain, and demonstrate positive and negative choices related to nutrition and its effects on performance.*

Students are expected to do the following:

Technical and Tactical Knowledge

- *Demonstrate the ability to explain verbally and in writing positive and negative execution of foundational movement patterns in the weightroom, gym, or track/field setting*
- *Demonstrate and apply biomechanical instruction and feedback to analysis and improve form and technique*
- *Apply feedback from coaches and instructors based on the performance that demonstrates improvement in relation to the learning outcomes through off-ice video analysis*
- *Apply skills and strategies in elite performances which transfer to individual skill acquisition and on-ice learning.*
- *Demonstrate the ability to breakdown and to explain fundamental skills in the form of cues verbally and in writing.*

Develop and Apply Mental Performance Strategies:

- *Mindfulness Training: Practice mindfulness techniques to enhance focus and presence during training and competition.*

- Identify unsafe training practices and provide corrections or alternatives.
- Identify and analyze positive and negative external factors which affect participation in sport.
- Identify and analyze how to achieve optimal mental focus within sport
- FN #3, #6

Students are expected to know the following:

- With a peer or during self-assessment describe verbally or in writing skating technique and blade mechanics, passing fundamentals and options / specific use, and various shooting applications.
- Understand the use of **statistics** for game analysis
- Identify and demonstrate **positive behaviors** that show respect for individual's potential, interests and cultural background.
- Identify and verbally communicate positives and negatives of game like scenarios and player choices.
- Understand the impact of **puck possession**, zone entry, and puck support and their impact on the game.

- *Relaxation Breath Work: Learn and utilize various breathing exercises to promote relaxation and reduce anxiety.*
- *Arousal Control: Understand and implement strategies to regulate arousal levels to match the demands of different situations.*
- *Cognitive Behavioral Skills: Identify and challenge negative or unhelpful thoughts that may impact performance.*
- *Recognition and management of emotional responses*
- *Awareness of Thoughts and Feelings: Students will understand how to recognize and articulate thoughts and emotions that arise before, during, and after performance situations.*
- *Emotional Regulation: Practice techniques for managing emotions, such as anger, frustration, or nervousness, to maintain optimal performance.*
- *Response Strategies: Develop and implement appropriate responses to emotional triggers. This involves practicing scenario-based exercises to prepare for various emotional challenges and learning how to respond constructively.*
- *Enhance Focus and Concentration through:*
 - Goal Setting: Set specific, measurable, achievable, relevant, and time-bound (SMART) goals for both short-term and long-term development.*
 - Routine Development: Establish pre-performance routines to create consistency and focus. This includes physical warm-ups, mental visualization, and concentration exercises to prepare for practice and games.*
 - Distraction Management: Learn techniques to minimize and manage distractions, both internal and external, to maintain concentration during critical moments. This includes developing the ability to re-focus quickly after interruptions.*
- *Foster Team Cohesion and Communication:*

- Identify and explain positive and negative tactical choices.
- Identify and explain positive and negative technical skills.
- Understand and explain the different cultures and styles of ice hockey played throughout the world.
- Identify and explain strengths and weaknesses of teams.
- Identify and explain potential opportunities for teams.
- Identify and explain both the individual and team elements of ice hockey.
- Identify and explain core elements of ice hockey such as puck possession, zone entry and puck battles.
- Participation in activities such as mindful breathing, body scans, and meditation to cultivate awareness and stay grounded in the present moment.
- Utilizing techniques such as diaphragmatic breathing, box breathing, and progressive muscle relaxation help manage stress and maintain composure under pressure

Effective Communication Skills: Develop and practice clear and assertive communication with teammates and coaches. This includes active listening, providing constructive feedback, and resolving conflicts in a positive manner.

Team Dynamics: Understand the importance of team roles and dynamics. Engage in team-building activities that promote trust, cooperation, and a supportive team environment.

Leadership Development: Take on leadership roles within the team to guide and inspire peers. This involves leading by example, motivating others, and contributing to a positive team culture.

•Commitment to Continuous Improvement:

Self-Assessment and Reflection: Regularly evaluate personal performance through self-assessment and reflection. Identify strengths and areas for improvement and develop action plans to address them.

Adaptability and Resilience: Cultivate the ability to adapt to changing circumstances and recover from setbacks. This includes developing a growth mindset, embracing challenges, and viewing failures as learning opportunities.

Knowledge and Skill Development: Stay informed about the latest developments in sports psychology, training techniques, and performance strategies. Engage in ongoing learning and apply new knowledge to enhance overall performance.

- Recognizing optimal arousal states for peak performance and employing techniques to either elevate or calm energy levels accordingly.
- Positive self-talk and cognitive restructuring techniques to foster a resilient and confident mindset
- How self-awareness helps in understanding how internal states affect behavior and performance.
- The use of strategies like visualization, positive affirmations, and grounding exercises.
- Why the use of SMART goal setting helps in maintaining motivation and direction in training and performance.

Big Ideas – Elaborations

Mental Performance Strategies:

Sample questions to support inquiry-based learning:

How does practicing mindfulness help me stay focused and present during hockey games and practices?
In what ways can relaxation breath work reduce my anxiety before and during hockey games?
How do I recognize and adjust my arousal levels to match the demands of different game situations?
How does challenging negative thoughts improve my performance and confidence on the ice?

Recognizing and Managing Emotional Responses:

Sample questions to support inquiry-based learning:

What strategies can I use to become more aware of my thoughts and feelings during high-pressure moments?
How can emotional regulation techniques help me maintain my composure and perform at my best?
What are effective ways to respond constructively to frustration or disappointment in a game?
How do my emotions influence my performance, and how can I manage them to enhance my athletic outcomes?

Focus and Concentration:

Sample questions to support inquiry-based learning:

How do SMART goals help me stay motivated and focused on my training objectives?
What role do pre-performance routines play in preparing me mentally and physically for practices and games?
How can I manage distractions to maintain concentration during critical moments of a game?
How does maintaining focus during training sessions translate to improved performance in competitions?

Team Cohesion and Communication:

Sample questions to support inquiry-based learning:

How does effective communication with my teammates and coaches contribute to a positive team environment?
What activities can we engage in to build trust and cooperation within our team?
How can I develop leadership skills to inspire and guide my teammates?
In what ways does understanding team dynamics improve our overall performance and success?

Commitment to Continuous Improvement:

Sample questions to support inquiry-based learning:

How can self-assessment and reflection help me identify areas for improvement in my performance?
What strategies can I use to develop adaptability and resilience in the face of challenges and setbacks?

How does staying informed about the latest sports psychology and training techniques enhance my development as an athlete?
How does a commitment to continuous learning and self-improvement contribute to my long-term success in hockey and beyond?
These elaborations encourage students to engage in self-reflection, apply mental performance techniques, understand the importance of emotional regulation, focus on teamwork, and commit to continuous personal and athletic growth. Through inquiry-based learning, students are guided to explore and internalize these concepts, fostering a holistic approach to their development as athletes and individuals

Curricular Competencies – Elaborations

Communication:

1. Connect and Engage with Others:

- Develop effective communication skills to build positive relationships with teammates and coaches.
- Practice active listening and provide constructive feedback during team discussions and activities.
- Engage in meaningful interactions that foster a supportive and collaborative team environment.

2. Collaborate to Plan, Carry Out, and Review Constructions and Activities:

- Work together with teammates to plan and execute training sessions and game strategies.
- Participate in group discussions to review performances and identify areas for improvement.
- Reflect on team activities to enhance future planning and execution.

3. Acquire, Interpret, and Present Information:

- Gather and analyze data related to training, performance, and game strategies.
- Interpret feedback from coaches and peers to improve personal and team performance.
- Present information clearly and effectively during team meetings and strategy sessions.

4. Explain/Recount and Reflect on Experiences and Accomplishments:

- Share personal experiences and achievements with the team to inspire and motivate others.
- Reflect on individual and team performances to identify successes and areas for growth.
- Document and discuss accomplishments to celebrate progress and set future goals.

Thinking:

1. Develop and Design in Physical Activity:

- Create and implement personalized training plans to enhance physical fitness and skill development.
- Design effective practice routines that address individual and team needs.
- Innovate new strategies and techniques to improve overall performance.

2. Analyzing and Critiquing in Play and Technique:

- Critically evaluate personal and team performances to identify strengths and weaknesses.
- Analyze game footage and practice sessions to improve techniques and strategies.
- Provide and receive constructive criticism to foster continuous improvement.

3. Generating Ideas about Self and Physical Activity:

- Reflect on personal interests and goals related to physical activity and sports.
- Explore new ways to stay motivated and engaged in training and competitions.
- Generate creative solutions to overcome challenges and enhance performance.

4. Evaluating Health Strategies:

- Assess the effectiveness of various health and fitness strategies in supporting athletic performance.
- Evaluate nutrition, recovery, and mental health practices to optimize overall well-being.
- Implement and adjust health strategies based on personal and team needs.

Personal/Social:

1. Relationships and Cultural Contexts:

- Understand the importance of diverse backgrounds and perspectives within the team.
- Foster an inclusive environment that respects and values cultural differences.
- Build strong relationships with teammates through mutual respect and understanding.

2. Personal Values and Choices:

- Identify and reflect on personal values that influence decisions and behaviors.
- Make choices that align with personal values and contribute to long-term goals.
- Recognize the impact of individual choices on team dynamics and performance.

3. Personal Strengths and Abilities:

- Identify and leverage personal strengths to contribute to team success.
- Continuously develop and enhance skills and abilities through targeted practice.
- Set personal goals that challenge and build on existing strengths.

4. Self-Determination, Self-Regulation, and Well-Being:

- Cultivate self-motivation and take initiative in training and performance.
- Develop strategies for self-regulation to maintain focus and composure under pressure.
- Prioritize well-being by balancing physical, mental, and emotional health.

5. Building Relationships:

- Engage in team-building activities that strengthen bonds and improve communication.
- Support and encourage teammates to foster a positive and collaborative environment.
- Resolve conflicts constructively to maintain healthy and productive relationships.

6. **Contributing to Community:**

- Participate in community events and activities to promote the sport and team spirit.
- Volunteer and give back to the community through outreach programs and initiatives.
- Represent the team positively and uphold its values both on and off the field.

Content – Elaborations

1. Connect and Engage with Others:

- Develop effective communication skills to build positive relationships with teammates and coaches. This includes active listening and providing constructive feedback during team discussions and activities, fostering a supportive and collaborative team environment.
- **Sample questions to support inquiry-based learning:**
 - How does effective communication with my teammates and coaches contribute to a positive team environment?

2. Collaborate to Plan, Carry Out, and Review Constructions and Activities:

- Work together with classmates to plan and execute training sessions and game strategies, utilizing Canada hockey techniques and training methods.
- Participate in group discussions to review performances, identify areas for improvement, and reflect on class activities to enhance future planning and execution.
- **Sample questions to support inquiry-based learning:**
 - How do pre-performance routines play a role in preparing for practices and games?

3. Acquire, Interpret, and Present Information:

- Gather and analyze data related to training, performance, and game strategies. Interpret feedback from coaches and peers to improve personal and team performance and present information clearly during team meetings and strategy sessions.
- **Sample questions to support inquiry-based learning:**
 - How does analyzing game footage and practice sessions improve our techniques and strategies?

4. Explain/Recount and Reflect on Experiences and Accomplishments:

- Share personal experiences and achievements with the team to inspire and motivate others. Reflect on individual and team performances to identify successes and areas for growth, documenting and discussing accomplishments to celebrate progress and set future goals.
- **Sample questions to support inquiry-based learning:**

- How can reflecting on our experiences and accomplishments guide our future goals and strategies?

Thinking:

1. Develop and Design in Physical Activity:

- Create and implement personalized training plans using our foundations of movement techniques to enhance physical fitness and skill development. Design effective practice routines that address individual and class needs and innovate new strategies and techniques to improve overall performance.
- **Sample questions to support inquiry-based learning:**
 - How does developing and designing personalized training plans contribute to my overall performance?

2. Analyzing and Critiquing in Play and Technique:

- Critically evaluate personal and team performances to identify strengths and weaknesses. Analyze game footage and practice sessions to improve techniques and strategies, and provide and receive constructive criticism to foster continuous improvement.
- **Sample questions to support inquiry-based learning:**
 - How does analyzing and critiquing our play and techniques help in continuous improvement?

3. Generating Ideas about Self and Physical Activity:

- Reflect on personal interests and goals related to physical activity and sports. Explore new ways to stay motivated and engaged in training and competitions, generating creative solutions to overcome challenges and enhance performance.
- **Sample questions to support inquiry-based learning:**
 - How can generating new ideas about physical activity keep me motivated and engaged?

4. Evaluating Health Strategies:

- Assess the effectiveness of various health and fitness strategies in supporting athletic performance. Evaluate nutrition, recovery, and mental health practices to optimize overall well-being, and implement and adjust health strategies based on personal and team needs.
- **Sample questions to support inquiry-based learning:**
 - How can evaluating different health strategies improve my overall well-being and performance?

Personal/Social:

1. Relationships and Cultural Contexts:

- Understand the importance of diverse backgrounds and perspectives within the team. Foster an inclusive environment that respects and values cultural differences, building strong relationships through mutual respect and understanding.
- **Sample questions to support inquiry-based learning:**
 - How does recognizing cultural contexts and relationships improve our team dynamics?

2. Personal Values and Choices:

- Identify and reflect on personal values that influence decisions and behaviors. Make choices that align with personal values and contribute to long-term goals, recognizing the impact of individual choices on team dynamics and performance.
- **Sample questions to support inquiry-based learning:**
 - How do my personal values and choices affect my performance and relationships within the team?

3. Personal Strengths and Abilities:

- Identify and leverage personal strengths to contribute to team success. Continuously develop and enhance skills and abilities through targeted practice, setting personal goals that challenge and build on existing strengths.
- **Sample questions to support inquiry-based learning:**
 - How can I leverage my personal strengths to contribute to my team's success?

4. Self-Determination, Self-Regulation, and Well-Being:

- Cultivate self-motivation and take initiative in training and performance. Develop strategies for self-regulation to maintain focus and composure under pressure, prioritizing well-being by balancing physical, mental, and emotional health.
- **Sample questions to support inquiry-based learning:**
 - How do self-determination and self-regulation strategies impact my overall well-being and performance?

5. Building Relationships:

- Engage in team-building activities that strengthen bonds and improve communication. Support and encourage teammates to foster a positive and collaborative environment, resolving conflicts constructively to maintain healthy and productive relationships.

- **Sample questions to support inquiry-based learning:**

- How can building strong relationships with my teammates improve our overall performance?

6. **Contributing to Community:**

- Participate in community events and activities to promote the sport and team spirit. Volunteer and give back to the community through outreach programs and initiatives, representing the team positively and upholding its values both on and off the field.

- **Sample questions to support inquiry-based learning:**

- How does contributing to my community enhance my role as a team member and athlete?

Technical and Tactical Skills:

- Apply Canada hockey techniques and training methods to develop advanced technical and tactical skills. Focus on continuous improvement through practice and feedback, integrating these skills into game strategies and performance.

- **Sample questions to support inquiry-based learning:**

- How do Canada hockey techniques and training methods enhance my technical and tactical skills?

Goal Setting Strategies:

- Utilize SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals to guide training and performance objectives. Regularly review and adjust goals to stay motivated and track progress.

- **Sample questions to support inquiry-based learning:**

- How do SMART goals help me stay focused and achieve my performance objectives?

Motivational Techniques:

- Incorporate motivational techniques such as seeking input, understanding the why and how, recognizing achievements, building relationships, and modeling positive behaviors. These techniques help maintain high levels of motivation and engagement.

- **Sample questions to support inquiry-based learning:**

- How do different motivational techniques help me stay engaged and motivated in my training and performance?

Recommended Instructional Components:

Active Living:

- Self-paced training
- Individualized standards
- Individualized plans
- Modified exercise
- Individualized criteria

Movement:

- Modified rules
- Modified game levels
- Modified equipment

Complete Health and Well-Being:

- Individualized standards
- Individualized plans
- Individualized criteria
- Assignment Choice
- Topic Choice

Learning Resources:

Recommended Instructional Components:

- Direct instruction
- Demonstrations
- Modelling
- Simulations
- Skill training videos
- Performance analysis
- Experiential
- Game play

Recommended Assessment Components:

- Self-assessment
- Peer assessment
- Performance/skill assessment
- Oral presentations
- Quizzes and exams (practical and theory)

Learning Resources:

Hockey Canada Skills Academy Curriculum Manual

Hockey skills videos

Drill and Gameplay Resources