



Hockey Academy – Theory & Conditioning 12

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: 12
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 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.

In addition to physical training, our academy places a strong emphasis on leadership development and community engagement. Through specialized hockey training and conditioning, we aim to instill leadership qualities in our student athletes, encouraging them to become role models both on the ice and within their communities. Our curriculum includes community service initiatives and leadership workshops designed to foster a sense of responsibility, teamwork, and civic engagement. By integrating these elements into our program, we not only develop skilled athletes but also cultivate well-rounded individuals who contribute positively to society.

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

<p>Hockey specific training and conditioning movements and nutrition protocols promote lifelong participation and excellence in the sport of ice hockey</p>	<p>Creation and analysis of an individualized personal training program and techniques based on sport science that relate to ice hockey</p>	<p>Technical and tactical knowledge building and analysis of hockey skill execution</p>	<p>Athletes will develop and refine a deeper knowledge and practice of pre, during, and post season mental performance strategies</p>	<p>Enhancing leadership and community engagement through specialized hockey training and conditioning.</p>
---	---	---	---	--

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"> • <i>Participate in aerobic fitness, anaerobic conditioning, muscular endurance, strength and flexibility programs, and SAQ (Speed, Agility, Quickness) training as each relate to ice hockey.</i> • <i>Demonstrate awareness of safe practices during in a weightroom and track setting.</i> • <i>Develop and demonstrate foundational movement patterns that can be positively applied to the game of ice hockey.</i> • <i>Develop and demonstrate progression through each phase of the season. Pre, mid, and post season programming and implementation</i> • <i>Develop and demonstrate progression in their ability to utilize all forms of injury prevention strategies.</i> • <i>Develop and demonstrate an understanding of individual vs team strategies and tactics.</i> 	<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 also 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.
- Identify and explain positive and negative tactical choices.

- *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 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.
- FN #3, #6
- 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
- Recognizing optimal arousal states for peak performance and employing techniques to either

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.

Demonstrate Leadership Skills:

- *Lead warm-up and cool-down sessions during training and practice.*
- *Mentor and support younger or less experienced classmates.*
- *Take initiative in organizing team activities and community events.*
- *Exhibit strong decision-making and problem-solving skills in high-pressure situations.*

Engage in Community Involvement:

- *Participate in community outreach programs and volunteer opportunities related to hockey.*
- *Promote the importance of physical activity and healthy lifestyles within the community.*

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.*

Leadership Skills and Principles:

- *Key attributes of effective leadership in a class and team setting.*
- *Techniques for mentoring and supporting teammates.*
- *Strategies for organizing and leading team activities and community events.*
- *Decision-making and problem-solving processes in high-pressure situations.*

Community Involvement and Outreach:

- *Importance of community involvement and how it benefits both the individual and the community.*
- *Ways to promote physical activity and healthy lifestyles within the community.*
- *Methods for planning and executing community service projects.*

- *Represent the academy at local events and build positive relationships with community members.*
- *Plan and execute community service projects that involve academy or minor hockey team participation.*

Develop and Maintain Physical Fitness:

- *Follow a structured training and conditioning program tailored to hockey-specific needs outside of class time.*
- *Continuously assess and adjust personal fitness goals to achieve optimal performance.*
- *Incorporate a variety of exercises and drills to improve strength, endurance, agility, and flexibility.*
- *Understand and apply principles of nutrition and recovery to support physical fitness.*

Promote Lifelong Physical Activity:

- *Identify and engage in various physical activities that can be enjoyed beyond competitive hockey.*
- *Encourage peers and community members to adopt active lifestyles.*
- *Reflect on personal experiences with physical activity to understand its long-term benefits.*
- *Develop strategies to stay motivated and committed to regular physical exercise throughout life.*

Enhance Team Cohesion and Communication:

- *Facilitate team-building exercises that foster trust and cooperation among teammates.*
- *Communicate effectively with coaches and teammates to coordinate training and game strategies.*
- *Provide and receive constructive feedback to support personal and team growth.*
- *Resolve conflicts amicably to maintain a positive team environment.*

Demonstrate Commitment to Continuous Improvement:

- *Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals for personal and team development.*
- *Regularly evaluate performance and seek feedback to identify areas for improvement.*
- *Stay informed about advancements in hockey training and conditioning techniques.*

- Approaches to building positive relationships with community members through hockey.

Hockey-specific Training and Conditioning:

- Components of a structured training and conditioning program tailored to hockey.
- Techniques for improving strength, endurance, agility, and flexibility specific to hockey.
- Principles of nutrition and recovery that support athletic performance.
- Assessment and adjustment methods for personal fitness goals.

Lifelong Physical Activity:

- Benefits of various physical activities that can be enjoyed beyond competitive hockey.
- Strategies to encourage peers and community members to adopt active lifestyles.
- Long-term benefits of maintaining regular physical exercise.
- Motivation techniques to stay committed to lifelong physical activity.

Team Cohesion and Communication:

- Importance of team-building exercises and their impact on team trust and cooperation.
- Effective communication techniques for coordinating training and game strategies.
- Methods for providing and receiving constructive feedback.
- Conflict resolution strategies to maintain a positive team environment.

- *Embrace a growth mindset and strive for excellence in all aspects of hockey training and performance.*

Continuous Improvement in Hockey:

- SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal-setting framework.
- Techniques for regularly evaluating performance and seeking constructive feedback.
- Latest advancements in hockey training and conditioning techniques.
- Growth mindset principles and their application in personal and team development.

Big Ideas – Elaborations

1. **Leadership Skills Development through Hockey Training:**
 - **Sample questions to support inquiry-based learning:**
 - How does leading a warm-up session enhance my leadership skills?
 - In what ways can I mentor younger teammates to develop their skills and confidence?
 - What are the key qualities of a good leader in a hockey setting?
 - How can I improve my decision-making skills during high-pressure situations in games?
2. **Community Involvement and Outreach through Hockey:**
 - **Sample questions to support inquiry-based learning:**
 - How can participating in community outreach programs benefit both me and my community?
 - What strategies can I use to promote physical activity and healthy living within my community?
 - How do community service projects help build team cohesion and a sense of responsibility?
 - In what ways can I represent my team positively at local events?
3. **Physical Fitness and Conditioning Specific to Hockey:**
 - **Sample questions to support inquiry-based learning:**
 - How does a structured training program improve my performance on the ice?
 - What specific exercises can enhance my strength, endurance, agility, and flexibility for hockey?
 - How does proper nutrition and recovery contribute to my overall athletic performance?
 - How can I effectively assess and adjust my fitness goals to ensure continuous improvement?
4. **Promoting Lifelong Physical Activity:**
 - **Sample questions to support inquiry-based learning:**
 - What are the benefits of engaging in various physical activities beyond competitive hockey?
 - How can I encourage my peers to maintain an active lifestyle?
 - What long-term health benefits can I gain from regular physical exercise?
 - What strategies can I use to stay motivated and committed to physical activity throughout my life?
5. **Enhancing Team Cohesion and Communication:**
 - **Sample questions to support inquiry-based learning:**
 - How do team-building exercises foster trust and cooperation among teammates?
 - What communication techniques are most effective for coordinating training and game strategies?
 - How can I provide and receive constructive feedback to support my team's growth?
 - What are the best ways to resolve conflicts within the team to maintain a positive environment?
6. **Commitment to Continuous Improvement:**
 - **Sample questions to support inquiry-based learning:**
 - How do SMART goals help me stay focused and achieve my performance objectives?
 - What methods can I use to regularly evaluate my performance and seek feedback?
 - How do the latest advancements in hockey training and conditioning techniques enhance my development?
 - How does adopting a growth mindset contribute to my personal and team success in hockey?

These elaborations are designed to help Grade 12 students understand how their participation in hockey-specific training and conditioning can enhance their leadership abilities, foster community involvement, and promote lifelong physical activity. Through these experiences, students can develop a deeper understanding of the importance of teamwork, communication, and continuous improvement in both their athletic and personal lives.

Curricular Competencies – Elaborations

Communication:

1. Connect and Engage with Others:

- Develop effective communication skills to build positive relationships with classmates and coaches.
- Practice active listening and provide constructive feedback during class and community 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 classmates to plan and execute training sessions and game strategies.
- Participate in group discussions to review performances and identify areas for improvement.
- Reflect on off-ice training sessions and 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 teacher-student interviews 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. Leadership Skills Development through Hockey Training:

- Students will learn to take on leadership roles within their team, such as organizing drills, leading warm-ups, and providing guidance to less experienced players. This will help develop essential leadership qualities like responsibility, communication, and decision-making.
- Through active participation and leading by example, students will understand how their actions influence team dynamics and morale, preparing them for leadership roles both on and off the ice.

2. Community Involvement and Outreach through Hockey:

- The curriculum includes opportunities for students to engage in community service projects related to hockey, such as organizing local clinics, participating in charity events, and promoting healthy living. These activities foster a sense of community and social responsibility.
- Students will explore how their involvement in hockey can positively impact their community, enhancing their understanding of the role of athletes as community leaders and role models.
- **Physical Fitness and Conditioning Specific to Hockey:**
- Students will engage in a variety of hockey-specific training exercises designed to improve key physical attributes such as strength, endurance, agility, and flexibility. These exercises will be tailored to meet the unique demands of hockey.
- The curriculum emphasizes the importance of a balanced approach to training, incorporating aspects of nutrition, recovery, and injury prevention to support overall athletic development and longevity in the sport.
- **Promoting Lifelong Physical Activity:**
- Students will be encouraged to explore and participate in different forms of physical activity beyond hockey, understanding the benefits of maintaining an active lifestyle throughout their lives.
- The course will highlight the long-term health benefits of regular exercise, including reduced risk of chronic diseases, improved mental health, and enhanced overall well-being. Students will learn strategies to stay motivated and incorporate physical activity into their daily routines.
- **Enhancing Team Cohesion and Communication:**
- Activities designed to improve team cohesion will be a key component of the curriculum. These may include team-building exercises, group discussions, and collaborative problem-solving tasks that enhance trust, cooperation, and effective communication among team members.
- Students will learn how to communicate effectively in various scenarios, from providing constructive feedback during practice to coordinating strategies during games, ensuring that all team members are working towards common goals.

3. Commitment to Continuous Improvement:

- The curriculum will teach students the principles of SMART goal setting, helping them set and achieve specific, measurable, achievable, relevant, and time-bound goals. This framework will support their continuous improvement in both athletic and personal development.
- Regular self-assessment and reflection activities will be integrated into the course, allowing students to evaluate their progress, identify areas for improvement, and celebrate their achievements. They will also stay informed about the latest advancements in hockey training techniques and apply these insights to their practice.

By engaging with these content areas, students will not only enhance their hockey skills but also develop valuable life skills that promote leadership, community involvement, and a commitment to lifelong physical activity.

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)

Guest Speakers and professionals in the field of Mental Performance Strategies

Learning Resources:

Hockey Canada Skills Academy Curriculum Manual

Hockey skills videos

Drill and Gameplay Resources