

# Hockey Academy Course Outline

## Matthew Halton High School

**MR. DJ McDougall**

**Email:** [mcdougald@lrsd.ab.ca](mailto:mcdougald@lrsd.ab.ca)

**Office:** Fitness Room 184

**Classroom:** Room 204/Ice Arena/Gym/Fitness Centre

Hockey Academy is a unique privilege for players to acquire the skills, knowledge and attitudes to develop their athletic abilities during school hours. Students will be expected to engage in on-ice drills as well as off-ice training to the best of their abilities. This course is designed to help students improve their on and off-ice skills as well as teach them about other hockey opportunities like coaching, managing and fitness training.

### Schedule (Tentative)

**September** - Off-ice until September 26.

- Goal Setting
- Drill Reading and Creation
- Rules Creation
- Practice Plan Creation
- Fitness
- Games
- Terminology (inside vs. outside edge, Toe vs Heel, C-cut, Mohawk)
- **Common Drill memorizing**
  - Coquihalla Swing, Four Corner, Four Dots, High Low, Spokane Passing, Sydney Skating, Bread and Butter...etc.

**October - April** (Subject to change) ON-ICE

- Baseline Assessment for the first 2-4 ice times.
- Tuesday - Skating
- Thursday - Shooting and Passing
- Friday - Fitness, Off-ice Games, Game Theory and Assignments

We will be progressing through the difficulty of ice times. Each ice time will still challenge every player on the ice.

### Assessment/Grades

Participation and Readiness - 30%

- Students come prepared with all equipment (Teacher observation and Student Evaluation)
- Students fully participate and engage in drills on and off the ice (Teacher Observation, Rubric)
- Students do not have unexcused absences and maintain a balanced school/hockey relationship

Skills 20%

- Students show improvement throughout the semester (Teacher Observation, Student Evaluation, Baseline Testing) On going with designated checkpoints.
- Skating, Passing, Shooting, Game thought, On-ice Communication

#### Cooperation Communication and Attitudes 20%

- Students are willing and able to work with others (Teacher Observation, Self & Peer Evaluation)
- Students show positive communication skills with staff and students (Teacher Observation, Self & Peer Evaluation)
- Students show respect for equipment and facilities (Teacher Observation, Self & Peer Evaluation)
- Student brings a positive attitude each day (Teacher Observation, Self & Peer Evaluation)

#### Assignments 15%

- Drill reading
- Goal Setting
- Drill Creation
- Practice Plan Creation
- Game Theory
- Fitness Logs

#### Projects 15%

- Practice Creation and Delivery
- Fitness Creation
- Game Watching

**These are just some examples of what to expect throughout the year and may be subject to change.**

## Expectations

1. Students will come to each class with all required gear or materials.
2. Students will wear all appropriate equipment during each ice time.
3. Students will be on time for each class.
4. Students will show respect towards each other, staff, equipment and facilities
5. Students will give a full effort into each activity provided.
6. Students will communicate positively with each other and staff

## Materials

Students are expected to have their own skates, shinpads, pants, shoulder pads, elbow pads, **Neck guards**, helmet with full face masks, gloves, jerseys, socks and sticks that are approved by CSA (Canadian Standards Association).

Students will be required to wear athletic clothing and running shoes when participating in off-ice fitness or gym activities. Students will be given appropriate notice for when they will need this.

All in class materials will be provided via **Google Classroom**.

## ON-ICE FORMAT

- Students will leave their hockey equipment at the school in a designated area. TBD
  - This equipment will be locked in a safe area for the day and no students will be allowed to carry this around with them during class times.

- Students who ride buses can not bring their equipment on the bus.
- After the 3rd period bell (2:06 pm) students will pick up their hockey equipment and walk safely to the hockey area and sit in designated dressing rooms.
- Students will be required to be dressed and on the ice with full equipment by 2:30 pm at the latest. Students can shoot around and warm up before the 2:30 start time.
- Students will be asked to stretch and warm up in the free shooting time. There will not be time provided for this by the instructor.
- Ice times will vary in the delivery depending on the day.
- At 3:15 pm students who ride buses are free and encouraged to leave the ice. The rest of the students will use this time for individual skills if they choose and clean up any equipment used.
- Students must be off the ice by 3:30
- Students will clean up any garbage or mess in the dressing rooms before leaving for the day.

### **Miscellaneous**

- Total Cost of Program \$150- This covers the cost program, a jersey and swag!
  - Payable online via School cash or in person at MHHS via cash or cheque
  - If you have questions about how to pay please contact the school at 403-627-4414 and ask for Mrs. Dyer
- Students are not allowed to bring their equipment on the bus. You will have to arrange another way to get your equipment to and from school. There will be a storage area at the school for the equipment during the day.