

Grande Prairie Regional College
Department of Physical Education and Athletics
PA 1140 Introduction to Ice Hockey

1.0 Instructor: David Kay RmK215 Ph: 539-2034

2.0 Course Description:

Acquisition of theoretical knowledge and personal skill in individual and team activities. Prerequisite: Average to above average skating ability.

3.0 Transfer of Credit:

University of Alberta	PAC 114 (3.0)
University of Calgary	PEAT 211 (1.5)
University of Lethbridge	PHAC 2525 (1.5)
Athabasca University	APST 2xx (3.0)

4.0 Prerequisite: Average to above average skating ability.

5.0 Objectives:

5.1 To acquire and improve the basic fundamentals of hockey.
(skating, puck handling, shooting, passing, checking)

5.2 To develop teaching progressions for the fundamental skills of hockey.

5.3 To develop and evaluate hockey drills.

5.4 To show understanding and proficiency at basic hockey tactics and combination drills.

6.0 Equipment:

Students are to supply their own equipment: skates, sticks, hockey gloves, helmets, hockey pants, elbow pads, shoulder pads, shin pads, etc.

7.0 Attendance:

The Department of Physical Education and Athletics at GPRC allows a maximum of 10% of unexcused absences. Any student with more than 3 unexcused classes will receive a grade of 0 in PA1140.

8.0 Evaluation:

8.1 Practical Examinations

*skating	20pts.
*puck handling	10pts.
*shooting	10pts.
*passing	10pts.
*team play	20pts.

8.2 Examination 20pts.

A mid term exam based on Laura Stamm's book Power Skating.

8.3 Hockey Video Critique

Choose one of the Hockey Canada videos from the LRC and view the video for content.

Submit a written critique highlighting strengths and weaknesses.

10pts.

9.0 Schedule:

9.1 General: Dave Barr arena 3:00pm - 4:20pm Mondays and Wednesdays.

10.0 Evaluation Criteria in Detail

10.1 Skating:

a) Forward skating speed over 30 meters. The player stands behind the starting line, on the whistle skates at maximum speed to the 30 meter finish.

b) Backward skating speed over 30 meters. The player stands facing the end boards, on the whistle skates backward over the 30 meter course.

c) Skating Agility: Follow the diagramed pattern as shown without puck.

10.2 Shooting:

a) From the slot the player receives a pass and immediately shoots at a target hole on goal. (16 shots--4 shots to each corner of the Shooter Tutor)
From the blue line the player shoots 4 point shots at the empty net. (record the number of goals and divide by two).

10.3 Puck handling:

a) Players follow the diagramed pattern used for skating agility while handling a puck.

10.4 Passing:

a) While moving from blue line to blue the player passes to a stationary net placed across the width of the ice. (5 forehand passes and 5 backhand passes)

10.5 Modified Team Play

Constant subjective evaluation of the player while engaged in modified team play.

Specific skills to be viewed include:

-ability to play without the puck (going to openings in the ice surface, the use of speed and position to open the ice up, defensive positioning, defensive angling, defensive anticipation)

-offensive skill (passing to the open man, handling the puck and creating offensive opportunities, one-on-one skills to hold or obtain possession of the puck, driving with the puck, the ability to make use of isolated 2 on 1's)

10.6 Timing Standards for Skating and Puck Handling: (seconds)

	Forward men/women		Backward men/women		Agility men/women		Puck handling men/women	
9	4.39	4.41	5.58	5.81	23.0	23.8	23.8	24.6
8	4.59	4.62	5.90	6.17	23.9	24.4	24.5	25.2
7	4.67	4.75	6.08	6.38	24.3	24.6	24.8	25.6
6	4.76	4.70	6.25	6.52	24.5	24.8	25.1	25.8
5	4.83	4.89	6.36	6.63	24.8	25.2	25.4	26.2
4	5.92	5.01	6.46	6.74	25.	25.4	25.7	26.4
3	5.02	5.11	6.57	6.87	25.4	25.9	26.2	26.6
2	5.15	5.21	6.71	7.05	25.7	26.6	26.7	27.
1	5.40	5.36	6.84	7.20	26.1	28.	27.1	27.7