

W. 94

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. During each on-ice class students must wear their helmet.

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 on the hockey video critique assignment.

8.0 Evaluation:

8.1 Practical Examinations

- *skating 20 pts.
(10 pts. for agility skating, 10 pts. for backward skating)
- *puck handling 10 pts.
- *shooting 10 pts.
- *passing 10 pts.
- *team play 10 pts.

8.2 Examination 20 pts.

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

8.3 Hockey Video Critique

Choose any Hockey Canada video from the LRC and view the video for content. Submit a written critique highlighting strengths and weaknesses.

20 pts.

Videos:

- a) Goals GV 847 G62 ser.1
- b) Puck Control and Deking GV 847 I57 no.1
- c) Skating Balance and Power GV 847 I57 no.2
- d) Defensive Concepts GV 847 I57 no.3

9.0 Schedule Tuesday and Thursdays, 9:30-10:50 am.

10.0 Evaluation Criteria in Detail

10.1 Skating:

a) Skating Agility: Follow the diagramed pattern as shown.

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

10.2 Puck handling:

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

10.3 Passing:

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

10.4 Shooting:

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

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)

	Backward skating men/women		Agility skating men/women		Puck handling men/women	
10 pts.	5.58	5.81	23.0	23.8	23.8	24.6
9 pts.	5.90	6.17	23.9	24.4	24.5	25.2
8 pts.	6.08	6.38	24.3	24.6	24.8	25.6
7 pts.	6.25	6.52	24.5	24.8	25.1	25.8
6 pts.	6.36	6.63	24.8	25.2	25.4	26.2
5 pts.	6.46	6.74	25.	25.4	25.7	26.4
4 pts.	6.57	6.87	25.4	25.9	26.2	26.6
3 pts.	6.71	7.05	25.7	26.6	26.7	27.
2 pts.	6.84	7.20	26.1	28.	27.1	27.7
1 pts.	7.05	7.41	26.6	28.6	28.	29.

Detailed Schedule PA 1140, 1994.

* All ice time will be at the Dave Barr arena.
Tuesdays and thursdays: 9:30-10:50 am.

Jan 4. Course Outline location TBA

Jan. 6,
11, 13
18, 20
25, 27
Feb. 1, 3
8, 10
15, 17



Topics:

- * Skating balance, striding forward, stopping, starting, turning, pivots, agility
- * puck handling
- * passing

Mid term exam due Feb. 15.

March 1, 3
8, 10
15, 17
22, 24
29, 31
April 5, 7
12, 14



* Shooting

* Testing

* Checking

* Team play