

Grande Prairie Regional College
Department of Physical Education and Athletics
PA 1140 Introduction to Ice Hockey 1996 ✓

1.0 Instructor: David Kay Rm. K215 Ph: 539-2034

2.0 Course Description:

Acquisition of personal skill and theoretical knowledge 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.

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, Leisure Press, second edition, 1992

8.3 Hockey Video Critique 20 pts.

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

Videos to consider:

- 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
- e) Goaltending Today (video on order to LRC)

9.0 Schedule Tuesday and Thursdays, 11:00 am-12:20 pm.

10.0 Evaluation Criteria in Detail

reference: Laviviere, George and Paul Godbout and Mario Lamontagne, Physical Fitness and Technical Skill Appraisal of Ice Hockey Players Canadian Hockey Association, 1991

10.1 Skating:

- a) Skating Agility: Follow the diagramed pattern presented in class. This is a timed test.
- b) Backward skating speed over 30 meters. The player stands facing the end boards, on the whistle skates backward over the 30 meter course. (timed)

10.2 Puck handling:

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

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. Passes must be along 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 shoots 4 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. The evaluation criteria includes:

* 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)

* skill with the puck (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's)

10.6 Timing Standards for Skating and Puck Handling

	Backward skating		Agility skating		Puck handling		
	men/women		men/women		men/women		(in seconds)
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.	

* a separate set of timed skill tests will be given to goalies (included is a lateral movement agility test, skating agility test with the puck and a telescoping skating test)

PA 1140 Detailed Schedule

Tuesdays and Thursdays, 11:00 am. - 12:20 pm.

Jan. 4	Introduction, course outline, gym.
9	Canada Games arena (CGA) Skating, puck handling, passing
11	CGA Skating, puck handling, passing
16	CGA Skating, puck handling, passing
18	CGA Skating, puck handling, passing
23	CGA Skating, puck handling, passing
25	CGA Skating, puck handling, passing
30	CGA Skating, puck handling, passing
Feb. 1	CGA Skating, puck handling, passing
6	CGA Skating, puck handling, passing
8	CGA Skating, puck handling, passing
13	CGA Skating, puck handling, passing
15	CGA Skating, puck handling, passing
20	CGA Skating, puck handling, passing
22	CGA Skating, puck handling, passing

* midterm exam due on or before Feb. 22

March 5	CGA Shooting, checking, team play, testing
7	CGA Shooting, checking, team play, testing
12	CGA Shooting, checking, team play, testing
14	CGA Shooting, checking, team play, testing
19	CGA Shooting, checking, team play, testing

* video critique due on or before March 19

26	Johnny MacDonald Arena (JMA), Shooting, checking, team play, testing
28	JMA Shooting, checking, team play, testing
April 2	JMA Shooting, checking, team play, testing
4	JMA Testing
9	JMA Testing
11	JMA Testing

My conditions to you.

1. Help with equipment, pucks, nets, shooting tudor, pylons, etc.
2. Stay under control in this class. Very aggressive checking or fighting are not permissible and my result in your expulsion from this class.
3. Stay on task and work at improving. You can always get better!
4. Bring full equipment every day to this class. We will play modified games or scrimmages each day.
5. Be aware of the inexperienced goaltenders and adjust your shooting to reduce the chance of injuries.

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