

# Bemidji State University

## PHED 3740: Ice Hockey Coaching

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

In depth lectures and discussion concerning offensive and defensive skills and tactics, power play and penalty killing. Skilled positional play of goalies, defensemen, centers, and wings (forwards). Coaching techniques, motivational and leadership development, theory, rules, and regulations. Additional assignments involve planning and evaluating practices, games and athletic talent. Rules, budgets, and equipment repair will be discussed. (May not be offered every year.)

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Center
2. Coaching Techniques
3. Defensemen
4. Goaltenders
5. History of the Sport
6. Offensive & Defensive Skills & Tactics
7. Planning & Evaluating Practices, Games, & Athletic Talent
8. Practice Planning Motivational & Leadership Development, Theory, Rules & Regulations
9. Training Practices
10. Wings (Forwards)

### D. LEARNING OUTCOMES (General)

1. develop coaching techniques and philosophies to improve skills for effective motivation and leadership.
2. be able to understand and explain technical and tactical skills; demonstrate methods; organize and execute a mini-practice plan.
3. learn and assess current methods of evaluation for players, and teams.
4. demonstrate higher order thinking as they analyze the technical, tactical and physiological aspects of ice hockey.
5. express the value of ice hockey as a form of physical activity that contributes to health and wellness.
6. develop capacities to perform critical analysis by studying current trends along with historical changes to the sport of ice hockey.
7. demonstrate the ability to communicate ideas, strategies, etc, about aspects of the sport of ice hockey.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted