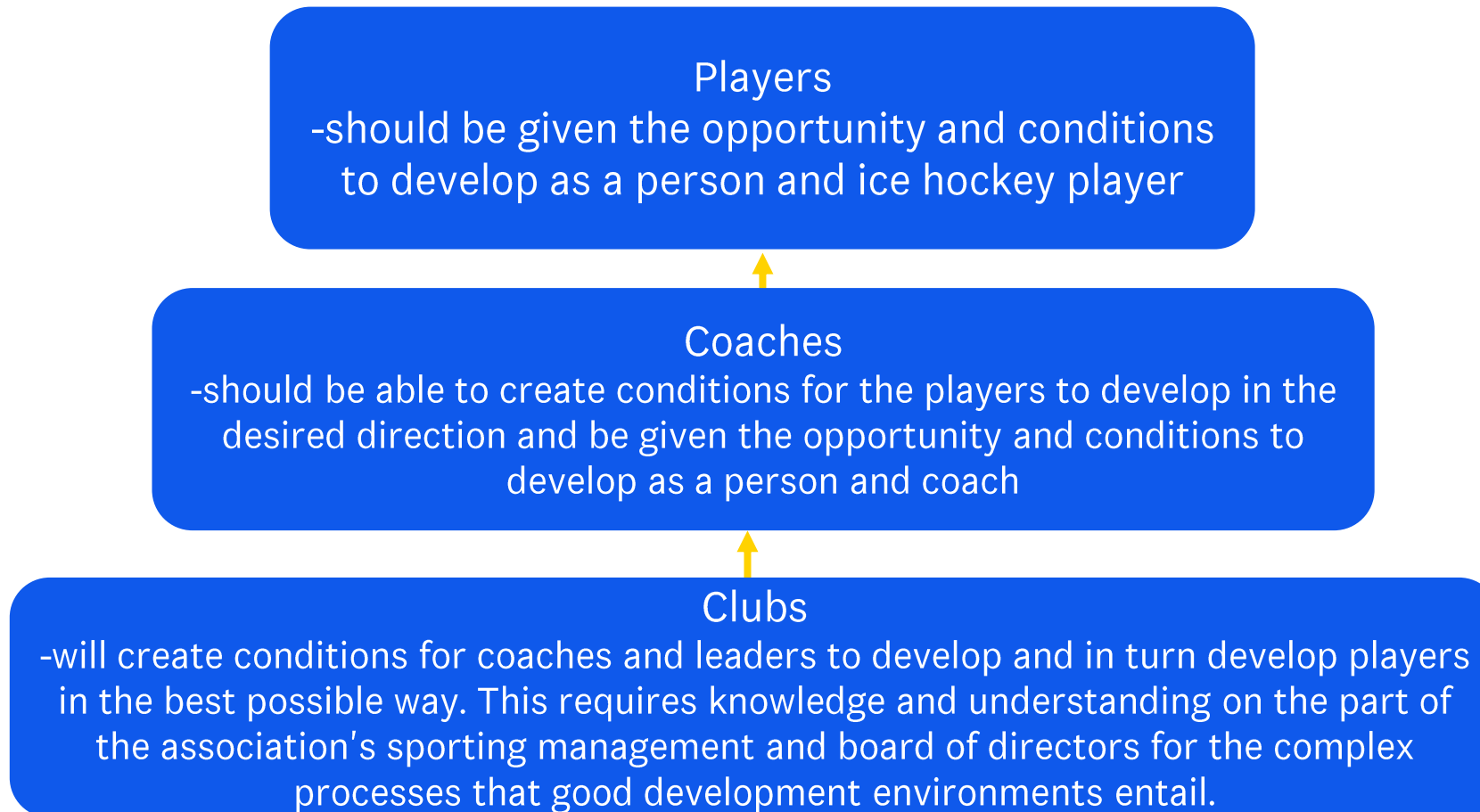


Coaching Education Program - Overview

Swedish Ice Hockey Association

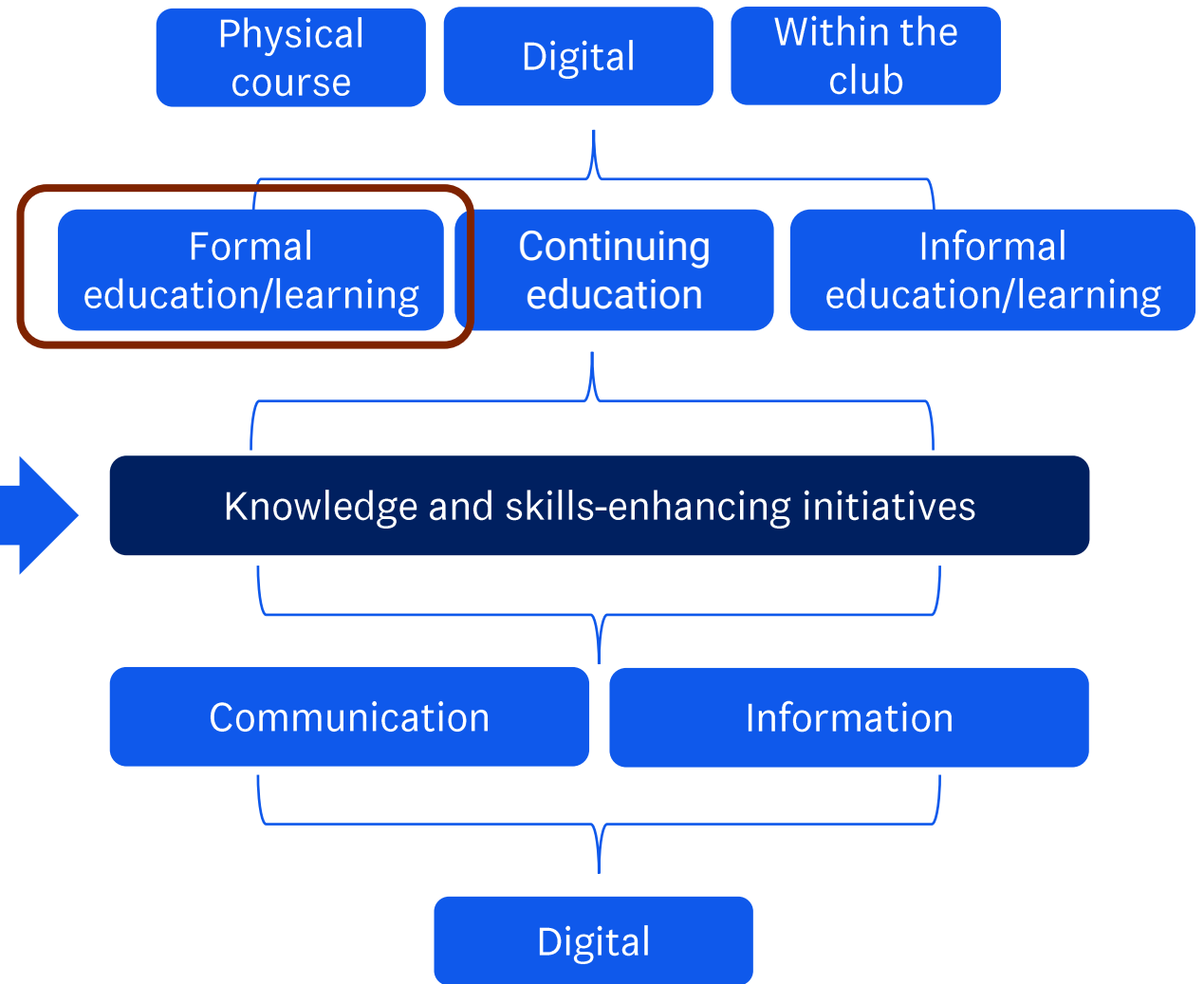


Our Development Model aims for...



Model

- Coaches



Foundation and focus



Underlying theorys

- Self Determination Theory
 - Achievement Goal Theory
 - Transformerande ledarskap
 - Echological dynamics
-

Components in coach education



Effects on players

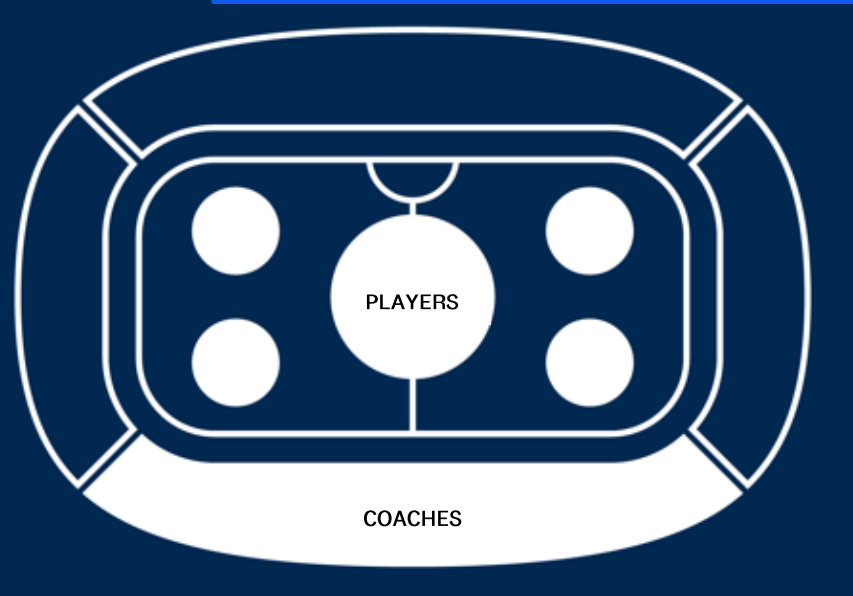
Performance

Motivation & Competence

Development

Joy/Fun

Helth & Wellbeing



Ice Hockey specific knowledge

Communication

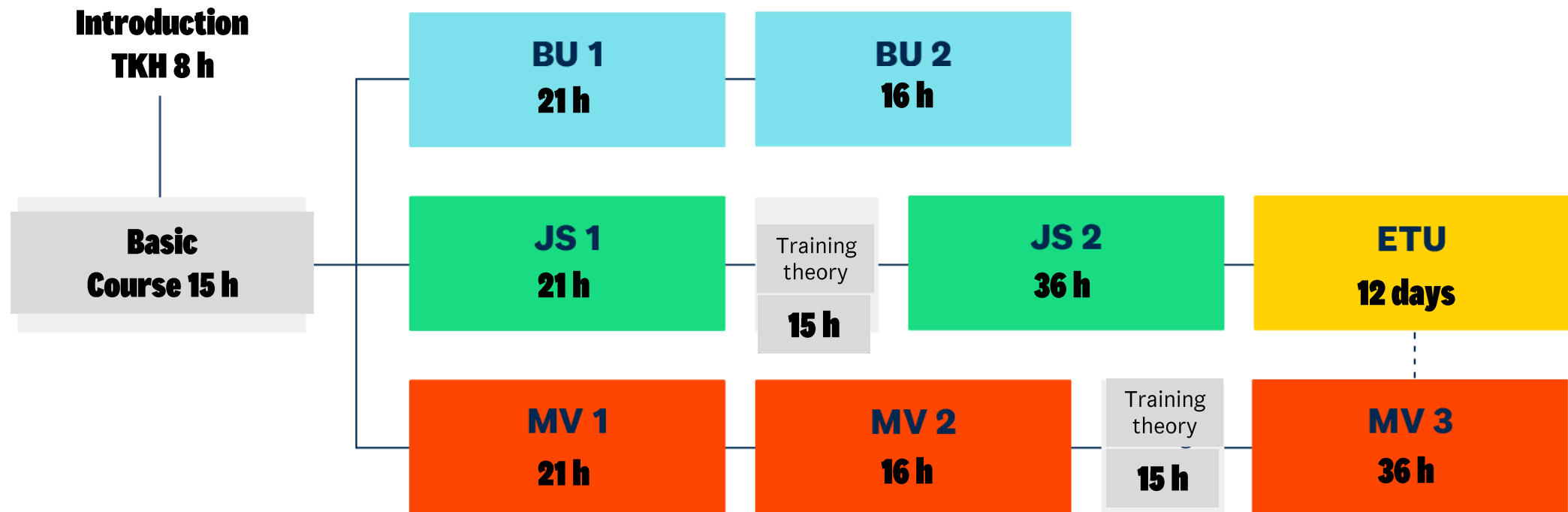
Feedback

Self reflection

Helth & Wellbeing

Focus coach education





BASIC COURSE



Basic Course

Target group

- Everyone who intends to be active as a coach in Swedish ice hockey - regardless of previous background (read also former player).

Learning outcomes

After completing the course, the participants should have knowledge of:

- Swedish ice hockey development model
- What children and young people think makes sports fun and how motivational processes work
- Why it is beneficial to focus on behaviors

After completing the course, the participant should have the ability to:

- Through its approach to behaviors, satisfy basic psychological needs of the players.

After completing the course, the participant should show insight into:

- Their role in creating a development environment where everyone has an opportunity to develop
-

Modul 1 – Our Development Model (1,5h)

- Intro - SIF
- How it all connects?
- Our development model
- The coaching curriculum

Modul 2 - My why (1h)

- Why am I coach?
- How do I want to be perceived?
- The Arrow model – my behaviours

Modul 3 - Fun Maps & Motivation (1,5h)

- Fun maps – What makes hockey fun?
A player perspective
- SDT/AGT

Modul 4 - Behaviours (2,5h)

- Why focus on behaviours?
- Practical application, what should I do?

Modul 5 - Physical activity & health (1,5h)

- All-round training
- High activity during practice
- As many as possible as long as possible (understanding of long term development)

Modul 6 - Basic motor skills (1,5h)

- Basic motor skills

Modul 7 -

Basic training principles (1 h)

- General training principles

Modul 8 -

Risks and injuries (1 h)

- Overload problems (physical & mental)

Modul 9 -

Basic knowledge of ice hockey (3 h)

Skating

Body contact

Passing/Receiving

Puck handling

Shooting

Goalies

Modul 10 - Basic knowledge of ice hockey (On ice) (1,5 h)

Technical foundations of ice hockey

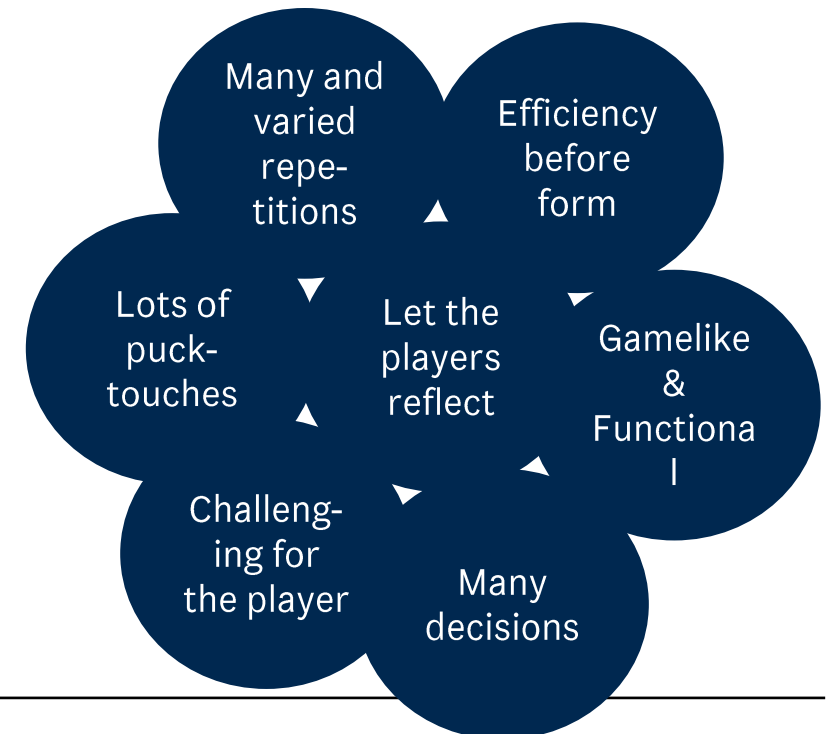
Goalies

Modul 11 - From idea to daily practice (1 h)

General part about training planning

Modul 12 - Adapt training and matches to target group (1 h)

- Drill design



Modul 13 - From idea to daily practice (On ice) (1,5 h)

On ice structure

What is a good practice

Modul 14 - Practice and drill design (1 h)

Modul 15 - Practice and drill design(On ice) (1 h)

BU1



BU 1

Target group

- Coaches active in children's & youth hockey up to U11.

Learning outcomes

After completing the course, the participants should have knowledge of:

- The concept of talent and various definitions of talent
- What makes a good development environment
- What distinguishes performance focus from result focus
- Why it's beneficial to give feedback on behaviors

After completing the course, the participant should have the ability to:

- Be able to give concrete feedback at the behavioral level

After completing the course, the participant should show insight into:

- How practice design can stimulate the creativity and development of players

BU 2



BU 2

Target group

- Coaches active in children's & youth hockey. From U11 to U16.

Learning outcomes

After completing the course, the participants should have knowledge of:

- What makes a good training environment
- Selection and its relation to RAE and biological development, mental and physical health, sports performance

After completing the course, the participant should have the ability to:

- Through the right behaviors create a good training environment

After completing the course, the participant should show insight into:

- How athletes' health affects performance and what factors promote health