

# New Zealand Ice Hockey Federation



## National Coaching Accreditation Program

### *Level I Coaching Course*

The NZIHF Level 1 Coaching Course and is the second degree of accreditation a coach can receive from the NZIHF. The course is a more indepth theoretical course designed to expand on the topics discussed in the Basic Coaching Course as well as add more technical skills components, team dynamic components, athlete safety and protection and rules emphasis.

In 2011 the Federation intends for all active Regional Rep Team Coaches to have completed and achieved, at minimum, the Level 1 Coaching Course. To qualify for the Level 1 course, coaches will need to have obtained the Basic Level qualification in a previous calendar year and be 16 years of age or older.

This Level I Course is made up of 12 hours of classroom time, and two hours of on-ice time. It will be lead by NZIHF National Coaching Coordinator, Jeff Bonazzo.

A written exam is aimed at assessing underpinning knowledge regarding roles of the coach and safety issues. A short written exam, comprising 15 questions is given to candidates at the completion of the face-to-face training program. This is a "take home" exam, which is to be returned within four (4) weeks of completion of the Level I course. An 80% pass mark is required at achieve the accreditation.

In the classroom, the course covers the basics in coaching as far leadership responsibilities, teaching methods, practice planning and organisation as well as team, game and bench management. This will also include sections on technical skills such as skating, puck control and checking. This should lead onto better meeting the needs of their team.

On-ice, coaches will be taught specific technical skills and drills and will be required to successfully complete all activities as part of a practical skating assessment.

Coaches will walk away from the course with a better understanding of how to plan a more effective practice session as well as a bank of resources to help them in the daily coaching.