



New Zealand Ice Hockey Federation

National Coaching Accreditation Program

IIHF/NZIH Federation Coach Level I Course Sections Outline

Role of the Coach

Identifies the major roles the coach must play in the development of the athletes.

Communication Principles

Looks at various communication techniques such as effective use of the voice, listening techniques and verbal and non-verbal communication techniques.

Teaching Techniques

Identifies the factors, which influence learning and the importance of planning.

Rules

Looks at the any new rule emphasis and rule changes.

Safety and Risk Management

Guidelines in developing an injury prevention program, allowing the athletes to play in a safe environment.

Skating Skills

An introduction to the key points of edge control, starting & stopping and correct skating techniques.

Puck Handling Skills

This chapter concentrates on correct stick selection, puck handling, puck protection, faking and dekeing.

Passing and Receiving Skills

This chapter concentrates on passing and receiving both forehand and backhand.

Shooting Skills

This chapter concentrates on the various types of shots available; wrist, backhand, flip, snap and slap.

Practice Planning

How to effectively design the practice. Shows when to do what in the layout of the practice session.

Checking Skills

Looks at the many different types of checking skills, from stick checks to angling and onto body contact.

Athlete Protection - Abuse and Harassment

Focuses on the main types of child abuse and the correct procedures to take if abuse is detected.

Individual Tactics

This section concentrates on the offensive and defensive individual tactics a player should process and describes a progression method of teaching these tactics.

On Ice session- Minimum 1 hour

The Ice session covers all major aspects of skating and puck control skills. An assessment of the coaches skating ability is judged on this session.

Exam Procedure

If the coach meets the required skating standard a take home exam is given. The time for return of this exam is 4 weeks.