ELITE HOCKEY PROGRAM

Course Description

The program is designed to give young Hockey players an opportunity to develop elite Hockey skills and an understanding of what it takes to become an elite Hockey player. The practical aspect of the program focuses on the development of elite Hockey skill both individual and team strategies. The theory aspect of the program which correlates with the practical program focuses on concepts including: conditioning, nutrition, Hockey coaching and sports psychology.

Benefits for students

- Development of elite Hockey skills and strategies
- Develop an understanding of off field elite Hockey processes.
- Opportunity to attain Stage 1 Integrated Learning SACE credits (and from 2017 Stage 2 Integrated Learning)
- Opportunity to attain the International Baccalaureate Middle Years Program (IB MYP) Physical and Health Education Year 10 credits (or Australian Curriculum if the student is not undertaking the IB MYP at their home school).
- Opportunity to attain Hockey related industry standard qualifications

Pre-Course Experiences/Pre-requisites

No pre-requisites for the theory aspect of this program, however students will be required to:

- Complete an application including a letter of recommendation.
- Attend a trial session to ascertain their skill level.

Structure of the program

The course will be conducted each Wednesday of the school year at Hockey SA, State Hockey Centre, Main North Road, Gepps Cross, SA, from 9.00am till 1.30pm. Students will undergo practical and theory units facilitated by state level Hockey coach and experienced PE Teacher Mr Shannon Breuer. Specialist coaches and facilitators will also be supporting the program.

Program Content:

- Fitness Analysis
- Video analysis
- Specific skill and technique development
- Team and strategy development
- Involvement in various competition, carnivals and exchanges
- Individual and group strength and conditioning programs
- Rehabilitation and recovery support
- Coaching and officiating accreditations
- Nutrition, Sport psychology and Injury Prevention.

Industry Standard Qualifications covered:

- Level one Hockey Coaching Certificate
- Level one Hockey Umpiring Certificate
- First Aid in Sports Certificate.
- Technical Bench Coach.

SACE Credits:

Stage 1 Integrated Learning - 20 credits (2016 onwards Year 11)
Stage 2 Integrated Learning – 20 credits (2017 onwards Year 12)

IB MYP and/ or Australian Curriculum Credits:

Year 10 Physical and Health Education

Commencement Date: Term 1, Week 1 2016
Length of Course: Full Year
Day: Wednesday
Time: 9:00am to 1:30pm
Class Size: Max: 20
SACE Credits: Stage 1 – 20 credits

Cost (Per student): $1,870
This does not include the Elite Hockey Program uniform which needs to be purchased in addition.

Contact Adam Carter at the email address listed at the top of the page for an application form and for details of trial dates.

Please Note: to the knowledge of the school providing this Elite Hockey Program, information is correct at the time of publication.