

Swedish Ice Hockey Association



Coach Education Program

Coach Education Program



Basic level (2 days)



Content

- ✓ Leadership
- ✓ The fundamentals/Basics
 - Skating, stick handling, passing and receiving, shooting
- ✓ Small area games
- ✓ Cross ice hockey
- ✓ The basics of goal keeping
- ✓ Fair Play and Respect



Coach Education Program

Basic level (2 days) –

All coaches has to go through this to advance in the Coach Education System

Youth Coaches

Youth level 1
(2,5 days)

Youth level 2
(3 days)

Junior- and senior Coaches

Junior/Senior level 1
(2,5 days)

Training Theory, Physiology level A
(2 days)

Training Theory, Physiology level B
(3 days)

Junior/Senior level 2
(5 days)

Elite Coach Education
(13 days)

Goalie Coaches

Goalie level 1
(1 days)

Goalie level 2
(2 days)

Goalie level 3
(3 days)

Equipment Managers

Eq. Ma
level 1
(1 days)

Skate
profiles
(0,5 days)



Youth Coaches

Level 1 (2,5 days)

Content

- ✓Leadership
- ✓The fundamentals/Basics
 - Skating, stick handling, passing and receiving, shooting
- ✓Practice planning
- ✓Individual tactics
- ✓Off Ice practice
- ✓The referees role

Level 2 (3 days)

Content

- ✓Leadership
- ✓Individual talent development
- ✓Skating
- ✓The physical part of the game
- ✓Power Play and Penalty killing
- ✓Face offs
- ✓Individual tactics
- ✓Goal scoring
- ✓Goal keeping



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Youth level 1
(2,5 days)

Youth level 2
(3 days)

Junior- and senior

Junior/Senior level 1
(2,5 days)

Training Theory, Physiology level A (2 days)

Training Theory, Physiology level B (3 days)

Junior/Senior level 2
(5 days)

Elite Coach Education
(13 days)

Goalie Coaches

Goalie level 1
(1 days)

Goalie level 2
(2 days)

Goalie level 3
(3 days)

Equipment Managers

Eq. Ma level 1
(1 days)

Skate profiles
(0,5 days)



Junior/Senior Coaches

Level 1 (2,5 days)

Content

- ✓ Leadership
- ✓ The fundamentals/Basics
 - Skating, stick handling, passing and receiving, shooting
- ✓ Practice planning
- ✓ Understanding the game
- ✓ Goal scoring
- ✓ The Referees role

Level 2 (5 days)

Content

- ✓ Leadership
- ✓ Goal Scoring
- ✓ Goal keeping
- ✓ Video analysis
- ✓ Offensive tactics for the team
- ✓ Defensive tactics for the team
- ✓ Game Philosophy



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Youth level 1
(2,5 days)

Youth level 2
(3 days)

Junior- and senior Coaches

Junior/Senior level
1
(2,5 days)

Training Theory, Physiology level A
(2 days)

Training Theory, Physiology level B
(3 days)

Junior/Senior level 2
(5 days)

Elite Coach Education
(13 days)

Goalie Coaches

Goalie level 1
(1 days)

Goalie level 2
(2 days)

Goalie level 3
(3 days)

Equipment Managers

Eq. Ma level 1
(1 days)

Skate profiles
(0,5 days)



Training Theory, Physiology

Level A (2 days)

Content

- ✓ Human biology
- ✓ Hockey specifik training
- ✓ Players fysical development
- ✓ Long and short term practice
- ✓ Practice planning
- ✓ Practice to avoid injurys
- ✓ Nutrition and diet

Level B (3 days)

Content

- ✓ Agility
- ✓ Strenght training
- ✓ Koordination
- ✓ Endurance
- ✓ Speed
- ✓ Testing



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Youth Coaches

Youth level 1
(2,5 days)

Youth level 2
(3 days)

Junior- and senior Coaches

Junior/Senior level
1
(2,5 days)

Training Theory, Physiology level A
(2 days)

Training Theory, Physiology level B
(3 days)

Junior/Senior level 2
(5 days)

Goalie Coaches

Goalie level 1
(1 days)

Goalie level 2
(2 days)

Goalie level 3
(3 days)

Equipment Managers

Eq. Ma level 1
(1 days)

Skate profiles
(0,5 days)

**Elite Coach
Education
(13 days)**



Elite Coach Education (13 days)

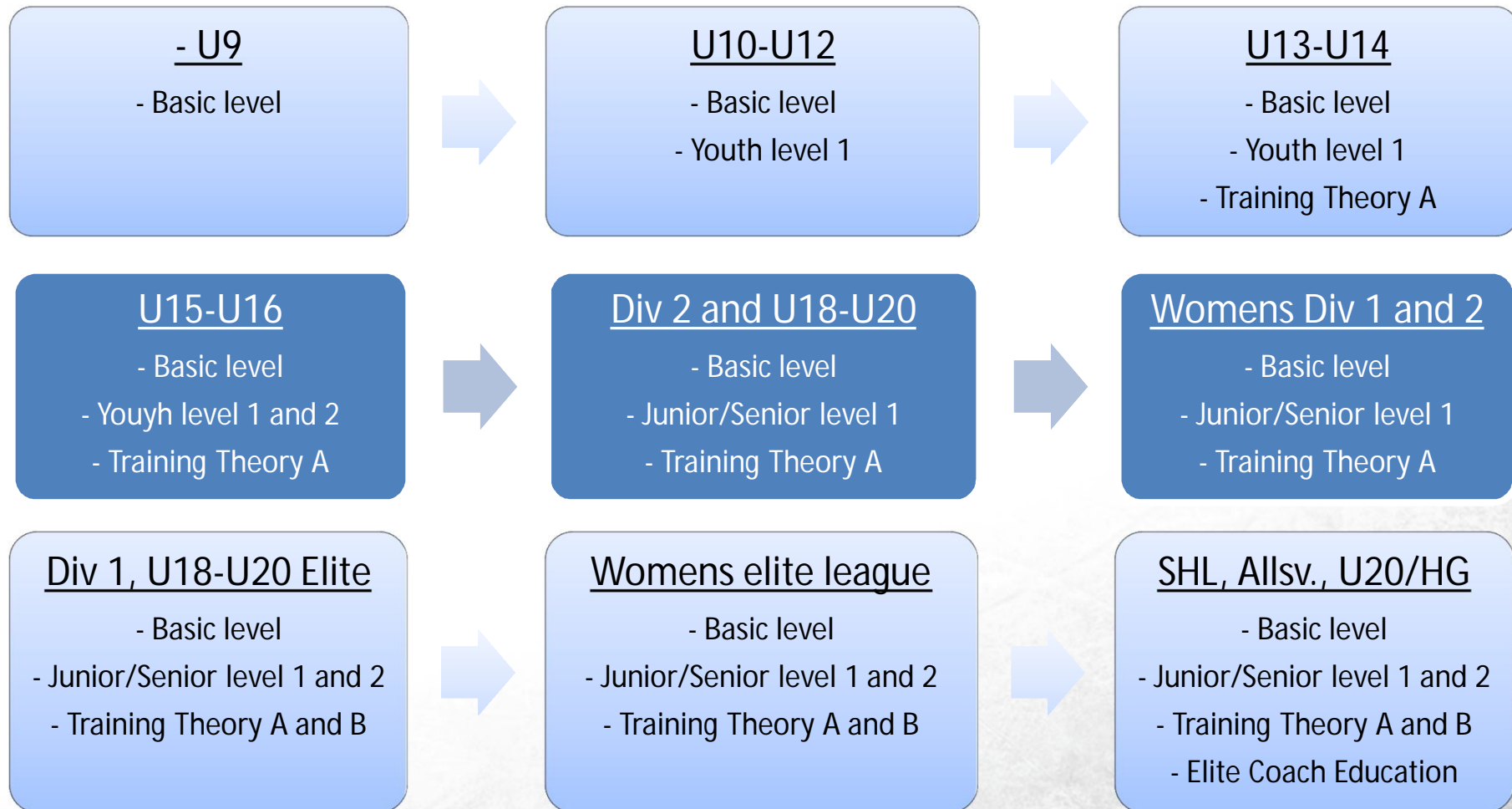
- Participants meet three times (Feb, May, June)
- Assignments to do in their home clubs in between
- Examination (written and oral presentation)

Content

- ✓ Rhetoric
- ✓ Player development
- ✓ Psychology
- ✓ Team building
- ✓ Coaching to win
- ✓ International ice hockey
- ✓ Training to avoid injuries



Coaching License



Coaches need to attend Further Education Clinincs every third year to keep license!

Off-ice shooting



[pdf](#)



12 Regional Hockey Instructors

Fully employed by The Swedish Ice Hockey Association



350 clubs with youth hockey

Each Regional Hockey Instructor is responsible for 25-30 clubs situated in their regional area



Work description

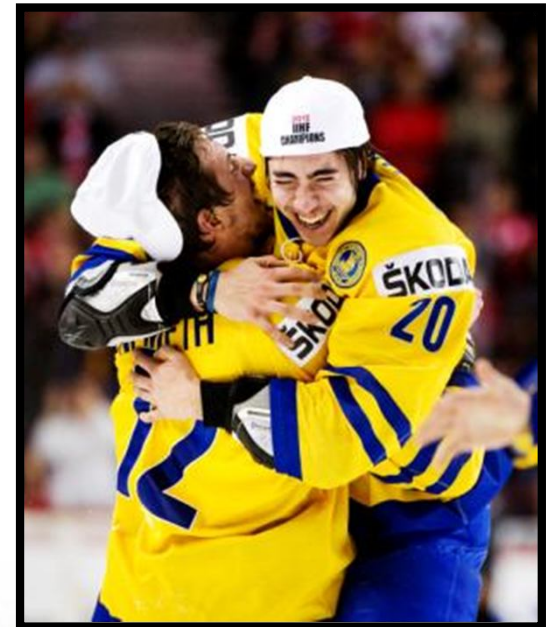
Regional Hockey Instructors

➤ Coach Education

- Visit all clubs in their regional area at least 2 times per year
- Responsible for the Basic level in the Coach Education Program
- Mentor role for all clubs in the area

➤ Player Development

- Instructor Regional camps
- Instructor Elite camps
- National Team coaches
- Special Projects



Educational materials

- The foundation of succesful development and education
- Specifik education material to every level in the Coach Education Program
- Binders, DVD:s and booklets
- Easy accesible on the web (www.hockeyakademin.se)

