

Hockey Coaching ABC's Curriculum - Beginner to Pro

The major obstacle in most sports is that there is no consistent curriculum with a 'scope and sequence' to develop the skills, habits and game understanding to be effective players. Juhani Wahlsten and I developed this sequential program (with lots of input from the great Russian coach Vladimir Jursinov and Finnish Olympic coach Erkkka Westerlund) and put it together for the Austrian Hockey Association and as a supplement to the program in Finland. The idea of this site is to continually update the material as the game changes and new practice and team play ideas are developed. Below is the original program plus links to pdf's with hundreds of new drills, games and team play ideas from all over the hockey world.

The two themes of our ABC's of International Hockey program are:

'Enjoy the Game'

"The Game is the Greatest Coach"

The entire curriculum was developed with these two themes in the forefront.

The ABC's of International Hockey Curriculum - Beginner to Pro

ABC's of International Hockey Level 0-1

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6996&topic=6996#6996>

To supplement Level 0-1 these levels take drills and games coded: A1, A2, A200, B1, D2, D200, D3, D300, D4, D400, D5, D500, E1.

Hockey Coaching ABC Level Two

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6997&topic=6997#6997>

To supplement Level 2 add drills and games coded: A2, A200, B2, B200, B3, B300, B4, D1, D100, D2, D200, D3, D300, D4, D400, E1, G.

Hockey Coaching ABC Level Three

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6998&topic=6998#6998>

To supplement Level Three use A2, A200, A3, A300, for review, B1, B2, B200, B3, B300, B4, B400, B5, B500, B6, B600, B7, C1, C2, C3 all of the D Games, E1 all of the shoot-outs, G.

ABC's of International Hockey Coaching ABC Level Four

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7000&topic=7000#7000>

Supplement Level 4 with A200, B3, B300, B4, B5, B500, B400, B6, B600, C2, C3, C6, C600, D1, D100, D2, D200, D4, D400, T1, T2, T3, T4, E1, F, G.

ABC's of International Hockey Advanced Levels 5-6

ABC Transition Book Levels 5 and 6

Levels 5-6 focus on transition, advanced drills and team play. All of the DT transition games, B6, B600, B200, B202, C6, C600, D100, T1, T2, T3, T4, T1-3, T2-4, E1, F, G, O.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7000&topic=7000#7000>

As you move through the levels into the more difficult material the beginning levels are used for warm-up and review.