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)
- 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)
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)

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
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

Junior/Senior level 1 (2.5 days)

Junior/Senior level 2 (5 days)

Training Theory, Physiology level A (2 days)

Training Theory, Physiology level B (3 days)

Goalie Coaches
- Goalie level 1 (1 day)
- Goalie level 2 (2 days)
- Goalie level 3 (3 days)

Equipment Managers
- Eq. Ma level 1 (1 day)
- Skate profiles (0.5 days)

Elite Coach Education (13 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
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)

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)
# Training Theory, Physiology

## Level A (2 days)

**Content**

- Human biology
- Hockey specific training
- Players physical development
- Long and short term practice
- Practice planning
- Practice to avoid injuries
- Nutrition and diet

## Level B (3 days)

**Content**

- Agility
- Strength training
- Coordination
- Endurance
- Speed
- Testing
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)
- Junior/Senior level 2 (5 days)
- Training Theory, Physiology level B (3 days)

Goalie Coaches
- Goalie level 1 (1 day)
- Goalie level 2 (2 days)
- Goalie level 3 (3 days)

Equipment Managers
- Eq. Ma level 1 (1 day)
- Skate profiles (0.5 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

- **U9**
  - Basic level

- **U10-U12**
  - Basic level
  - Youth level 1

- **U13-U14**
  - Basic level
  - Youth level 1
  - Training Theory A

- **U15-U16**
  - Basic level
  - Youth level 1 and 2
  - Training Theory A

- **Div 2 and U18-U20**
  - Basic level
  - Junior/Senior level 1
  - Training Theory A

- **Womens Div 1 and 2**
  - Basic level
  - Junior/Senior level 1
  - Training Theory A

- **Div 1, U18-U20 Elite**
  - Basic level
  - Junior/Senior level 1 and 2
  - Training Theory A and B

- **Womens elite league**
  - Basic level
  - Junior/Senior level 1 and 2
  - Training Theory A and B

- **SHL, Allsv., U20/HG**
  - Basic level
  - Junior/Senior level 1 and 2
  - Training Theory A and B
  - Elite Coach Education

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Coaches need to attend Further Education Clinincs every third year to keep license!
Off-ice shooting
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 successful development and education
- Specific education material to every level in the Coach Education Program
- Binders, DVD:s and booklets
- Easy accessible on the web (www.hockeyakademin.se)