



IIHF Level 1 Coaching Course

Mechelen, Belgium

21st- 22nd September 2019



SATURDAY 21.09.2019

08:30 - 09:00	Introduction
09:00 - 10:00	Role of the coach
10:00 - 11:00	Skating
11:00 - 11:30	Travel to Rink
11:45 - 12:45	Ice Session Coaches Level 1
13:00 - 13:30	Lunch
13:30 - 14:00	Travel to Congress Center Lamot
14:00 - 15:00	Develop Hockey Sense
15:00 - 15:45	Teaching Techniques
15:45 - 16:00	Break
16:00 - 16:30	Practice Planning
16:30 - 17:00	Plan Ice session for Sunday

SUNDAY 22.09.2019

08:45 - 09:45	Puck Control
09:45 - 10:45	Checking
10:45 - 11:15	Travel to Rink
11:30 - 12:30	Ice Session U14 players run by coaches
12:45 - 13:15	Lunch/Feedback on ice session
13:15 - 13:45	Travel to Congress Center Lamot
13:45 - 14:30	Feedback on ice session
14:30 - 15:30	Individual Tactics
15:30 - 15:45	Break
15:45 - 16:00	Safety & Risk management
16:00 - 16:30	Communication
16:30 - 17:00	Wrap Up & End