



# IIHF Level 2 Coaching Course

## Mechelen, Belgium

### 21<sup>st</sup>- 22<sup>nd</sup> September 2019



#### **SATURDAY 21.09.2019**

08:30 - 09:15	Introduction
09:15 - 10:45	Demonstrate Leadership
10:00 - 11:00	Team Tactics
11.00 - 11.30	Travel to Rink
11:45 - 12:45	<b>Ice Session Coaches Level 2</b>
13:00 - 13:30	Lunch
13:30 - 14:00	Travel to Congress Center Lamot
14:00 - 15:00	Developing Hockey Sense
15:00 - 15:45	Skill Analysis
15:45 - 16:00	Break
16:00 - 16:30	Bench Management
16:30 - 17:00	Plan Ice session for Sunday

#### **SUNDAY 22.09.2019**

08:45	Meet at the rink
09:15 - 10:00	Run through Ice session
10:15 - 11:15	<b>Ice Session U16 players run by coaches</b>
11:30 - 12:00	Lunch/ Feedback on ice session
12:00 - 12:30	Travel to Congress Center Lamot
12:30 - 13:30	Goaltending
13:30 - 14:30	Building Self Esteem
14:30 - 14:15	Communication
14:15 - 14:30	Break
14:30 - 15:15	Growth & Development
15:15 - 16:00	How the body works/developing Fitness
16:00 - 17:00	Yearly Planning
17:00 - 17:30	Wrap Up & End