



IIHF Level 2 Coaching Course

Liege - Belgium

12th - 13th September 2015



SATURDAY 12.09.2015

9:00 - 10:00	Arrival - Intro / Ice breaker
10:00 - 11:00	Ice Session
11:30 - 12:30	Demonstrate Leadership
12:30 - 13:15	Lunch
13:15 - 14:15	Developing Hockey Sense
14:15 - 15:00	Growth & Development
15:00 - 15:15	Break
15:15 - 15:45	Skill Analysis
15:45 - 16:15	Building Self Esteem
16:30 - 17:30	Team Tactics

SUNDAY 13.09.2015

8:30 - 9:30	On – ice planning and organisation
10:00 - 11:00	Ice Session Level 2
11:30 - 12:30	Communication
12:30 - 13:15	Lunch
13:15 - 14:15	Goaltending
14:15 - 14:45	Bench Management
14:45 - 15:45	How the body Works/Developing Fitness
15:45 - 16:00	Break
16:00 - 17:00	Year Planning