



IIHF Level 1 Coaching Course

Liège - Belgium

12th -13th September 2015



SATURDAY 12.09.2015

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|----------------------|----------------------------|
| 9:00 - 09:30 | Intro / Ice breaker |
| 10:00 - 11:00 | Ice session Level 1 |
| 11:30 - 12:30 | Role of the coach |
| 12:30 - 13:00 | Communication |
| 13:00 - 13:30 | Lunch |
| 13:30 - 14:00 | Skating |
| 14:00 - 15:00 | Puck Control |
| 15:00 - 15:15 | Break |
| 15:15 - 16:15 | Individual Tactics |
| 16:15 - 17:00 | Prepare next day practice |

SUNDAY 13.09.2015

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|--------------------|-------------------------------------|
| 8:15 - 9:15 | Ice session Level 1 |
| 10:00 - 10:45 | Player Roles/Hockey sense |
| 10:45 - 11:00 | Break |
| 11:00 - 12:00 | Teaching Techniques |
| 12:15 - 13:45 | Lunch |
| 14:15 - 14:45 | Safety & risk management |
| 14:45 - 15:15 | Child Protection/Harassment & Abuse |
| 15:45 - 16:00 | Wrap-up session |