

PDP SK 204 Introduction to Hockey

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Meets twice per week: 1.0 Credit

Course Description:

The curriculum developed by United States Hockey is implemented in these skating classes. Students will be taught progressive skills from beginner to advanced levels. Students will learn the balance point on their skate and how to manipulate the blade by using the correct edge. Students will participate in drills which will develop their skill proficiency. Once skills have been mastered, students will then participate in scrimmages giving the students the opportunity to play hockey in a game situation. There are 14 levels of skills related to this class.

Typically there are 2 classes taking place at the same time. I will evaluate your skill level the first few classes and break students into groups. One group will have their lesson in the first half of class and the other group will have it in the second half of class. Lessons are usually 25 minutes to a half hour long. Each group will have 25 minutes to practice while not in lesson. If class size is large, I may have an assistant teaching with me. My assistants are members of the Boston University's nationally ranked skating teams.

It is my hope to provide you with technical information with a positive approach in a relaxed environment. STRESS FREE! Let's have some fun.

Required Equipment:

You must provide your own equipment. I have limited skate storage and know where you can get your skates sharpened.

Learning Outcomes:

Physical Objectives

1. Student will learn the game of hockey through drills and skills
2. Stick handling, skating skills, and positioning will be introduced
3. Rules of the game
4. Scrimmage will reinforce skills

Cognitive Objectives

1. Understanding rules of hockey
2. Positioning on ice to create effective plays
3. Control of puck and stick
4. Role of team work

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

This class is a pass/fail class based on attendance and class participation. You are allowed to miss up to 3 classes (2 excused and 1 unexcused). I would appreciate an email explaining your absence. There will be an attendance book rink side. Please remember to sign in every day. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. Please make arrangements to make up missed classes as soon as possible.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

Week 1	Skating Skills
Week 2	Skating with a Stick Stick Handling Puck Handling
Week 3	Cone work with Pucks and Sticks Passing
Week 4	Shooting
Week 5	Cycling Drills Positioning
Week 6	Defensive Zones Offensive Zones Neutral Zones
Week 7	Off sides Icing Face offs
Week 8	Review and Skating Skills
Week 9-11	Scrimmaging
Week 12-14	Cookie Cup and Awards

U. S. Figure Skating Basic Skills Program Hockey Curriculum



The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.

Necessary equipment:

- Hockey skates
- Certified hockey helmet (ice approved)



Hockey 1

- A. Falling and Recovery
- B. Proper Forward and Backward Stance
- C. March Forward across the ice, 8-10 steps
- D. March Forward with 2 foot glides and dips
- E. Stationary Snowplow Stop
- F. Rocking Horse
- G. Forward swizzles (2 to 4 in a row)
- H. Front to Back and Back to Front turns (Stationary)
- I. T-Push R, then glide on two feet on line, T-Push Left, then glide on two feet on line
- J. Backward March or Wiggle



Hockey 2

- A. Forward swizzles (4 to 6 in a row)- Driving Power from heels using a wider stance
- B. Alternating Forward C-Cuts on a Straight Line
- C. T-Push, glide on right foot, hold 2-4 seconds on a straight line, Repeat with left foot
- D. Scooting or Skateboard push, on circle (R&L)
- E. Gliding two foot turn on line- Forward to Backward. Backward to forward
- F. Backwards March then glide on two feet
- G. Backward Swizzles (2 to 4 in a row)
- H. Backward snowplow stop
- I. Alternating Backward C-Cuts in a straight line
- J. Two foot moving Snowplow Stop

Endorsed by:



Hockey 3

- A. One foot snowplow stop- Introduce hips with 1/4 turn twist to hockey stop
- B. Full strides using 45 degree V-Push with good recovery using alternating arm drive
- C. Shuffle stride- explosive powerful alternating heel pushes
- D. Backwards hustle (quick skating with arms driving)
- E. Backward C-Cuts or power pushes on circle/backward outside edge glide on a circle
- F. Forward C-Cuts on circle small/C-push glide on small circle
- G. Forward outside/inside edges on half circles/ alternating inside edges down the line
- H. Gliding 2 foot turn on circle facing upper body out and inside of circle
- I. Lateral Crossover March



- A. Extreme edges vary tempo and edge quality/quick shallow edge pumps & slow deep edge pumps
- B. Forward Crossovers on circle R&L
- C. Forward Alternating Crossovers down the length of the ice with wide step transitions
- D. Forward Power-turns 180 degrees & 360 turns will need C-cuts for 360 degrees
- E. Hockey Stops
- F. Quick Starts with V starts off the ball of the foot
- G. Backwards Hustle with quick V-stops and alternating R&L Backward stops
- H. Backward crossovers on circle R&L
- I. Backward alternating crossovers down ice with wide step transitions
- J. Forward to Backward Pivot Turn/Backward to Forward Pivot turn (Mohawk)