



**HUNGARIAN
ICE HOCKEY
FEDERATION**

Phone: +36 1 460 6863

Fax: +36 1 460 6864

H-1146 Budapest, Istvánmezei út 1-3.

info@icehockey.hu

www.jegkorongszovetseg.hu

facebook.com/magyarjegkorong

IIHF ELITE COACH EDUCATION **for the 2020 DECADE**

Target group

This education is for Coaches who works at Elite Level or have the ambition to work at Elite level. The education will be conducted through 7 separate parts with Courses over totally 31 days plus one Elite Performance Homework. After every separate course/part it will be an examination. The whole education ends up in a final examination - including both written and verbal presentations.

This education is arranged by the Hungarian Ice Hockey Federations Education Section, which is a part of the IIHF Development Department.

This program will be conducted in English.

Prerequisites

To be selected the participants must have coaches teams of players older than the age of 16, or have similar experiences. It's a plus if the applicant has played ice hockey at Junior- or Senior level. It's also a plus to have graduated from the University and other educations, incl. Ice Hockey, Sports etc. The participant must be able to work both in groups and on individual basis including online.

The Courses included in this education are (see descriptions below):

- 1. Elite Fundamentals (2 days)**
- 2. Elite Performance 1 (4)**
- 3. Elite Hockey Athleticism 1 (2)**
- 4. Elite Performance Homework**
- 5. Elite Hockey Athleticism 2 (3)**
- 6. Elite Performance 2 (6)**
- 7. Elite Pro (14)**

To be allowed to continue to the next Course the participant must have participated in every Course and lesson and passed the examination in time.

Some of the theoretical lessons will be conducted digitally.

Purpose

- Have authorization to act and work as a Coach and Instructor at Elite level.
- To give the participant a high-quality education and competence to work as Coach at the international and national Elite level.

- To give the participants insight and knowledge how it is to work as coach/instructor at elite level both national and international.
- To raise the quality at elite- and national level in Hungarian Ice Hockey.

Education status

After full participation and approved exams the participant has an International top level education that gives the knowledge to work at all level in Ice Hockey – both Nationally and Internationally. *(Note: Special domestic license demands can vary)*

Table of courses (incl. purpose, contents etc.):

1. Elite Fundamentals

Target group

The course is aimed at participants who are – or want to become – Coaches and instructors at Elite level and that are supposed to continue the “IIHF Elite education 2020”. The course is for 2 days. The course is organized by the Education Section at the IIHF Development Department.

Purpose

To give all participants a basic knowledge base in ice hockey overall and Elite level sport specifically. Included are also the values of ice hockey.

To engage and inspire the participants to develop their leadership.

This is the first course in the IIHF Elite Education Track. The course is compulsory for all future leaders in Hungarian Elite Ice Hockey. In order to proceed to another course in the educational stages, it is a requirement that you have completed the Elite Fundamental course – and have managed the exam.

Content – including:

- Leadership: what is leadership, Me as a leader, guiding principles, practical leadership methodology, to lead others
- Pedagogy
- Methodology: From LTP to Pro Hockey
- Ice hockey – technical skills. Fundamentals, to analyze, correct and develop.
- Game Understanding: Small Area Games at basic and high level
- Goalie skills - Basics for Goalies and the development
- Other: Sports and ice hockey organization & planning, structure, rules, equipment, practical training, the difference between Elite- and “Hockey for life”.
- Practical training
- Examination

2. Elite Performance 1

The course is aimed at people who want to lead and coach junior and senior elite teams. The course is 4 days. The course is organized by the Education Section at the IIHF Development Department.

Prerequisites

Participants must have completed the following courses with approved results
- Elite Fundamentals

Purpose

To provide participants with basic knowledge of how to train overall and specially players in junior and senior elite teams.

That the course should create commitment and stimulate the participant to seek new knowledge to develop as a player educator. As well as improve the participant's insight and make them reflect on their role as a leader and provide tools and methods for this at all levels.

Content – including:

- Leadership: Me as a leader, the ice hockey's core values, to lead others, themselves and the team
- To build a Team
- Methodology: planning the training
- Ice Hockey – Technical skills: Skating, Stickhandling, Passing / Receiving, Shots, Body Contact, Special for Forwards and Defence-men
- Game understanding: individual tactics
- Tactics in small units; Odd man situations etc.
- To score - Goalkeeping Game: Goal Scoring, to practice Goalies
- Other: the role of the referee and the Coach cooperation with the referee and the officials
- Practical training
- Examination

3. Elite Hockey Athleticism 1

The course is aimed at those who are going to train Ice Hockey players at all levels. The course is for 2 days. The course is organized by the Education Section at the IIHF Development Department.

Prerequisites

Participants must have completed the Elite Fundamentals course.

Purpose

To give the participants basic knowledge of the requirements to play the game of Ice Hockey at higher level and the physical training including; anatomy, physiology, training and nutrition. Also to have the knowledge of the fundamentals for getting to a higher level training.

Content – including:

- Human Biology
- Branch- and requirement analysis

- Training theory
- Physical- and mental development
- Load impact
- Short- and long term training
- Training planning
- Healthy and Fit
- Nutrition
- Practical training
- Examination

4. Elite Performance Home Work

This should be an Individual special project. It should, basically, have Topics into Team- or Individual Player performance at International top level. The participant should present it both in written and verbal form, by making a personal presentation in front of a selected committee and other participants. At the presentation Power Point (or equal) should be used, including videos (or equal).

Prerequisites

Participants must have completed the following courses with approved results

- Elite Fundamentals
- Elite Hockey Athleticism 1
- Elite Performance 1

Purpose

To give the participant a basic- and deeper knowledge of international top level Ice Hockey and to be able to present Ice Hockey details in front of a group of Hockey specialists.

Content – including:

- Team- or Individual Player performance at International top level
- Team Tactics
- Top Coach Leadership
- Etc.

5. Elite Hockey Athleticism 2

The course is aimed at those who will train players older than U16- and up to junior and senior Elite teams. The course is for 3 days. The course is organized by the Education Section at the IIHF Development Department.

Prerequisites

Participants must have completed the courses Elite Fundamentals and Hockey Athleticism 1. The Elite Performance Homework must be completed and approved.

Purpose

To provide the participants with more advanced practical and theoretical knowledge of the Ice Hockey physical fundamentals and Hockey Athleticism practice at Elite including complex training, mobility and tests.

Content – including:

- Mobility
- Strength
- Coordination
- Endurance
- Speed
- Complex training
- Physiological tests and evaluations
- Operating Mechanics
- Individual Development Plans
- Practical training
- Examination

6. Elite Performance 2

The course is aimed at those who want to get a deeper and more solid knowledge of managing and coaching junior and senior teams at a higher level. The course is 6 days. The course is organized by the Education Section at the IIHF Development Department.

Prerequisites

Participants must have completed the following courses with approved results

- Elite Fundamentals
- Elite Hockey Athleticism 1 and 2
- Elite Performance 1

The Elite Performance Homework must be completed and approved.

Purpose

Have the participant reflect on their role as leader and trainer of players/people that wants to play and participate at Elite level.

That the course should lead to giving the participants in-depth knowledge of ice hockey and what should be included in the player training for juniors and seniors.

Content – including:

- Leadership
- Pedagogy and methodology
- Goal Shooting/The Game for the Goalie
- Video Analysis
- The role of the referee
- Team Tactics; The offense and the defense
- PP and PK
- Game philosophy and Playbook; Tactics and drills
- Practical training
- Examination

7. Elite Pro

Open to those coaches at the elite level or those who have the ambition to reach it. The course is held on 14 course days and is arranged by the Education Section at the IIHF Development Department.

Prerequisites

Participants must have completed the following courses with approved results

- Elite Fundamentals
- Elite Hockey Athleticism 1 and 2
- Elite Performance 1 and 2

The Elite Performance Homework must be completed and approved.

Purpose

- Having the authorization to work as an elite level coach.
- To provide participants with high quality education and skills to work as an elite level coach in the future.
- To give participants insight into what it is like to work as a coach/instructor at the elite level nationally and internationally.
- To raise the quality of elite operations in Hungarian ice hockey.

Content – including:

- Sport at Elite level
 - How to build an Elite Team
 - How to run an Elite Team
 - A Winning team
 - Preparation for games
 - Game philosophy and Playbook; Tactics and drills, frames and details
 - Rhetorical skills
 - Individual elite player development
 - Performance Psychology
 - Media – how to handle and act
 - Team Building
 - Scouting – players and teams
 - Pre-game scouting
 - IIHFs national team- and development activities
 - Ice hockey internationally – Analyzes and National Teams performance, goals and demands.
 - Injury prevention training and rehab
 - Practical training at International level
 - Study visits at Elite performance level
 - Practical training
 - Examination for this course
-
- **Examination for the total Elite education**