



# **NATIONAL COACHING CERTIFICATION PROGRAM INLINE ROLLER HOCKEY**

## **COACH CERTIFICATION PROGRAM OUTLINE**

### **LEVEL I (4 hrs.)**

Introduction to Coaching Inline Hockey

Role of Coach

Communication

Teaching Technical Skills

Practice Planning and Yearly Plans

### **LEVEL II (8 hrs.)**

Long Term Player Development

Team Building

Drill Design

Seasonal Plans

Individual Skills

Team Tactics

Goaltending

Floor – Individual and Team Tactics

### **LEVEL III (16 hrs.)**

Coaching Philosophy

Communication



Long Term Player Development

Fitness Training (sport specific)

Practice Planning

Seasonal Planning

**Level III Continued**

Individual Skills – Technical and Tactical

Team Tactics    Offensive Systems

                         Defensive Systems

                         Power Play / Penalty Killing

Goaltending

Floor                    Individual and Team Tactics

                                 Goaltending