



FÉDÉRATION QUÉBÉCOISE DE HOCKEY SUR GLACE
RÉGION LAC ST-LOUIS

STAGE ENTRAÎNEUR-RÉCRÉATION (ENGLISH)

DATE: January 23rd and 24th, 2010
ENDROIT: Beaconsfield Recreation Center,
1974 City Lane, Beaconsfield

Saturday, January 23rd:

8h30 : Verification of attendance
9h00 : Introduction and role of the coach
9h30 : Our clientele
10h30 : Communication
11h30 : Team play module (theory)
12h30 : Lunch
13h00 : Team play module (on ice) **HELMETS MANDATORY!**
14h00 : Hockey Quebec programs
14h30 : Goalie
15h00 : End of day 1

Sunday, January 24th :

8h30 : Game day preparation
9h30 : Practice preparation
10h45: Technical section (theory)
12h00 : Technical section (on ice) **HELMETS MANDATORY!**
13h00: Wrap-up
13h15: End of day 2

Note : All candidates must be present for all sections of the course in order to receive their accreditation. Sections which are missed by a coach will need to be made-up at a future date before any certification can be issued.

All candidates must wear a helmet during the on ice portions of the course.