



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