

# HOCKEY PROFILE

“Hockey is a unique sport in the sense that you need each and every player helping each other and pulling in the same direction to be successful”.

-Wayne Gretzky -



The Hockey Profile is intended for students who want to learn and perfect various **individual skills** and **team tactics** needed to play effective hockey. The student will also explore other aspects related to the practice of hockey.

The aim of this profile is to help students acquire the elementary rules and skills specific to hockey as well as a few key principles that will help them play this team sport. Through progressive hands-on practices students will develop the skills required to play an offensive and/or a defensive position. They will also study diverse offensive and defensive systems used in hockey today.

Students will be expected to frequently reflect upon their learning so that they become able to recognize their strengths and limitations, in order to improve and identify which position is better suited to their abilities.

Students in the Hockey Profile will learn how to work together, get along and play with other people, with one goal in mind: **to be able to play team hockey.**

**Students will be evaluated on the specific competencies set out by MELS:**

1. **Perform movement skills in hockey**
2. **Interact with others in a team sport**
3. **Adopt a healthy, ethical and active lifestyle**

A passion for hockey is important for students interested in this profile.

**Where:** PEPS Université Laval

**Transportation:**

- Parents are responsible to bring students to the PEPS **NO LATER** than 7:45 a.m.
- A bus will bring the students back to school from the PEPS

**When:** 4 times per 10-day cycle from 8:00 a.m. to 9:50 a.m.