

Ontario Sledge Hockey Association - Skills Academy Sledge Hockey Unit

The program below is a sledge hockey unit created by the Ontario Sledge Hockey Association (OSHA) for use in a Hockey Canada Skills Academy operated in the OSHA region. For more information about Hockey Canada Skills Academies, [CLICK HERE](#).

This information is provided as a guideline only designed to share information about programming that has been put in place by OSHA, members of the Ontario Hockey Federation (OHF). The potential exists for other regions to create similar programs.

Prior to Unit

- secure ice time
- arrange to borrow sledge equipment (straps, sticks, sleds...)
- work with resource teachers to bring in 10-15 disabled students
- finalize lesson plans for Day 1 and 2
- prepare off-ice classes
 - curriculum
 - teaching strategies

Day 1: In class

- curriculum as designed
- assign homework: lesson planning

Day 2: On ice

- teacher leads sledge hockey skills practice
- student homework: students are put into groups and their task is to create drills to develop sledge skills for disabled athletes
- each group has a “captain” who works with other captains to develop the overall lesson plan for Day 4

Day 3: On ice

- continuation of sledge skill development
- students take turns as the coaches and conduct drills to their classmates to practice drill delivery for Day 4
- teacher and students provide feedback to “coaches”

Day 4: On ice

- students lead class of 10-15 disabled students

Day 5: In class

- review unit and reflections

Notes

Day 1 activities can include...

- guest speaker eg. active sledge players and/or coaches
- video eg. Sledhead
- computer lab: look up sledge games to become familiar with sledge and research sledge hockey rules www.ontariosledge.com, www.paralympic.org
- bring sledge and sticks in for class to see