

Large Group Activities – Open – Hockey**PAL20H**

This large group activity has a hockey focus. Particular attention will be paid to the technical and tactical components of hockey. Technical components include: skating, passing, shooting etc. Tactical components include offensive and defensive strategies as they pertain to hockey. Physical conditioning and weight training will also be incorporated into this course. Health topics will focus on fitness, nutrition and anatomy. *Students will be required to pay an activity fee to cover the cost of ice rental. Prior hockey/skating experience is highly recommended.*

Prerequisite: None