

COPENHAGEN FALCONS



# SEP

## **SPORTS EXCELLENCE PROGRAM HANDBOOK**





## What is SEP

Our youth hockey organization stands out as a beacon of excellence, dedicated to developing not just successful athletes but also inspire values that shape good people. At the core of our identity are values that prioritize character development alongside athletic achievement. Our commitment to creating well-rounded individuals is evident in our hockey programs, where skill development is complemented by a strong emphasis on sportsmanship, teamwork, camaraderie and personal growth. Through a nurturing environment, we strive to develop not only skilled athletes but also individuals with integrity, resilience, and a sense of community. Our organization takes pride in being on the forefront for creating successful athletes and, more importantly, exceptional young man.

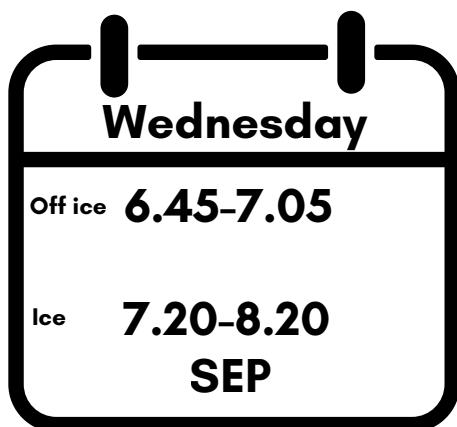
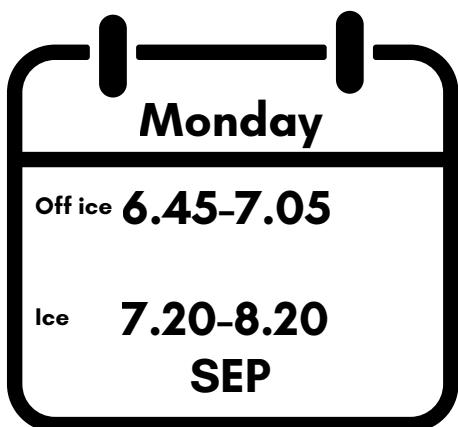
Commitment to excellence reaches beyond the ice. We believe that the skills learned in sports contribute to life-long success, teaching discipline, perseverance, and teamwork. By prioritizing character development alongside athletic accomplishment, we aim to empower young athletes with the tools they need to navigate challenges both on and off the ice.

The coaching staff, comprised of dedicated professionals, is committed to creating a positive and supportive environment. We understand that each young athlete is unique, and we tailor our approach to encourage their individual strengths while fostering a sense of responsibility, respect, and resilience. Through mentorship and guidance, we aim to inspire not only athletic achievement but also personal growth.

The Sports Excellence Program, is a comprehensive initiative designed to develop well rounded student/athletes. The program emphasizes a balanced approach to athletic development, incorporating specialized coaching in academic periods, and workshops on nutrition, time management, and mental resilience. Through this program, we aim to not only enhance athletic performance but also inspire valuable life skills, creating a positive and holistic educational experience for the student athletes.

# Trainings

All trainings are held at Ørestad Skøjtehal, Hannemanns Allé 14A+B, 2300 København S.



## Sports Excellence Program Timetable (6:30 - 8:45 ):

6:30 - 7:05 : Meet, Warm-up, Off-Ice, Change into gear

- Attendance
- Group warm up exercises

7:20 - 8:20 : Sport-Specific Skill Training

- Focus on specific sport related skills
- Individual and group drills for skill enhancement

8:20 - 8:30 : Cool down and Hydration Session

- Change out of gear
- Stretch and hydration.

8:35 - 8:45 : End of SEP

- Shower and change
- Snack/Breakfast
- School

9:00 AM : Academic Period

- Attend to class



# Curriculum

Below is a revised 8-month curriculum for SEP. The program is divided into four quarters, each lasting approximately 2 months, totaling appx. 32 ice sessions. Each quarter emphasizes progressive development of individual and team based skills. The plan is subject to change, curriculum will be adjusted to a level appropriate for the participants. The plan below is not a concrete set structure.

## **Quarter 1: *Foundation / Stance and Skating Mastery*** (September - Oktober)

**Focus:** Build skating proficiency, stickhandling fundamentals, Hockey/Goalie stance and basic game awareness.

**Goals:** Enhance edge control, puck control, and introduce position and positional play.

### On-Ice Training

- Skating Technique players & goalies (40%):
  - Edge work: Inside/outside edges, crossovers, tight turns.
  - Stride efficiency: Forward/backward skating, quick stops/start.
  - Agility: Pivot drills, lateral movement.
  - Goalies focusing on stance/ position / and butterflies with slides
- Stickhandling Basics (30%):
  - Stationary puck control: Wide/narrow dribbles, toe drags.
  - Dynamic stickhandling: Moving with the puck, protecting it under pressure.
  - Playing the puck as a goalie/ setting for Dmen/ flat passes
- Shooting Fundamentals (20%):
  - Wrist shot: Grip, weight transfer, follow-through, accuracy.
  - Stationary shooting: Target practice (net corners, low/high).
  - Strengthening goalie shot power/ clearing attempts.

- Game Awareness (10%):
  - Positional play: Basic forechecking, backchecking roles.
  - Small-area games: 2v2 to encourage decision-making.
  - Goalies knowing when to challenge and wait for shooter in game situations.

## **Quarter 2: *Puck Control / Puck Tracking and Passing*** (November - December)

**Focus:** Advance stickhandling, develop passing accuracy, and introduce team play concepts. Goalies working on in close/behind net situations. Depth control.

**Goals:** Improve puck protection, passing under pressure, and basic offensive/defensive positioning. Small positions around net structure for goalies.

### On-Ice Training

- Skating with Puck (30%):
  - Puck-carrying: Skating with puck through traffic, maintaining control.
  - Transitions: Forward-to-backward skating with puck.
  - Depth Control/ post recoveries small tactics in close areas for goalies.
- Advanced Stickhandling (30%):
  - Puck protection: Using body to shield puck, one-hand control.
  - Dekes: Toe drags, fakes under pressure.
  - Passing and set up for Dmen => goalie interaction.
- Passing and Receiving (30%):
  - Crisp passes: Forehand, backhand, saucer passes.
  - Receiving: Soft hands, absorbing passes on the move.
  - Clean reception and rebound control for Goalies

- Team Play Introduction (10%):
  - Offensive zone: Cycling, basic breakout plays.
  - Small-area games: 3v3 for passing and positioning.
  - Hand eye Tracking on and off-ice / sticky goalie technique

### **Quarter 3: *Shooting and Offensive Tactics* (Januar - Februar)**

**Goalies:** Breakaways/ 2-1's corner attacks infont and behind net.

**Focus:** Develop shooting variety, offensive creativity, and team offensive strategies.

**Goalies:** Communication with defensmen/ key words tips on working together.

**Goals:** Master multiple shot types, improve scoring efficiency, and understand offensive zone play.

### On-Ice Training

- Shooting Variety (40%):
  - Shot types: Wrist, snap, slap shots, one-timers.
  - Shooting on the move: Shots off passes, in-stride shooting.
  - Goalies incorporated in drills to heighten puck tracking and game situation reality.
- Puck Skills in Traffic (20%):
  - Stickhandling under pressure: Dekes in tight spaces.
  - Puck protection: Using body in offensive zone.
  - Goalies incorporated in drills to heighten puck tracking and game situation reality.
- Offensive Tactics (30%):
  - Zone entries: Controlled entries, dump-and-chase.
  - Net-front presence: Screens, deflections, rebounds.
  - Goalies incorporated in drills to heighten puck tracking and game situation reality.



- Game Scenarios (10%):
  - Power play basics: Positioning, passing in 5v4.
  - Small-area games: 4v4 to practice offensive movement.
  - Goalie=> Developing defensive system between goalie and dman.

## **Quarter 4: *Defensive Skills and Game Situations*** (March – April)

**Focus:** Develop defensive skills, situational play, and competitive game application where goalie/ defenseman and forward learn to work together.

**Goals:** Master defensive positioning, checking, and perform in high-pressure scenarios in team manner to work as a 6 man un

### On-Ice Training

- Defensive Skills (40%):
  - Gap control: Maintaining proper distance from opponent.
  - Stick checking: Poke checks, stick lifts.
  - Body positioning: Angling opponents, protecting the slot.
- Skating for Defense (20%):
  - Backward skating: Speed, transitions, and edge control.
  - Pivots: Quick turns to stay with opponent.
- Team Defensive Tactics (30%):
  - Defensive zone coverage: Man-to-man, zone defense basics.
  - Penalty kill basics: Positioning, clearing puck.
- Game Situations (10%):
  - Full-ice scrimmages: 5v5 to apply all skills.
  - Situational play: Last-minute scenarios, faceoff strategies.



## Program Notes

- Progression: Each quarter builds on the previous one, ensuring skills are layered (e.g., skating in Q1 supports puck-carrying in Q2).
- Evaluation: Skill assessments at the end of each quarter (e.g., timed skating drills, shooting accuracy tests) to track progress.
- Injury Prevention: 5-minute warm-up (dynamic stretches, light skating) and 5-minute cool-down (stretching) in each session.

This curriculum balances individual skill development with team tactics, preparing players for competitive play while keeping sessions engaging and age-appropriate.

## Disciplinary Policy

Student-athletes are expected to adhere to program rules, demonstrate a positive attitude both on and off the ice, respect schedules, take the program seriously, and maintain satisfactory academic performance and conduct in school. Failure to comply with these expectations will result in a formal warning. A second violation will lead to immediate dismissal from the program without eligibility for a tuition refund.



## Application

You can apply by sending the SEP application form to [sep@copenhagenfalcons.dk](mailto:sep@copenhagenfalcons.dk) ([copenhagenfalcons.dk/SEP](http://copenhagenfalcons.dk/SEP))

The application procedure includes a try-out, a personal interview and academic approval from school/teacher endorsement.

### Requirements:

- Competent ice hockey skill level
- Proficient Academic standing
- Well rounded student/athlete with positive growth mindset.

After sending in approved and correctly filled out application, you will get notified about admission within two weeks.

## Price

Paid fixed cost over 8 months, CPH Falcons members discount applicable.

5000 kr / Season for members

6500 kr / Season for non members

Price includes, all ice trainings, coaching, SEP apparel, snacks/hydrations drinks.

