



Hockey Canada

NCCP High Performance 1

Virtual Modules - Physical Performance

Post Tasks

Version 1.0, 2021

Name: _____

CAC NCCP Number: _____

Due Date: _____





National
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The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.



Coaching Association of Canada
Association canadienne des entraîneurs



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HP1 – Virtual Modules - Post Tasks - Physical Performance

Provide your in-season physical preparation program. Detail your plans for pre-practice/game warm-up for post practice/game recovery procedures for hydration nutrition and recovery for improving Critical Fitness Variables (CFV s) for injury prevention for managing your support staff or outside resource staff within the Physical Preparation program.

Question Goal An in-season physical preparation program.

A complete answer will include

- Physical Preparation outline for the season**
- Practice and Game warm-ups**
- Practice and Game cool downs / recovery**
- Improving critical fitness variables (CFV) measurement and evaluation of fitness components**
- Injury prevention**
- Managing support staff**

Any relevant templates should be included and Physical Performance items must be included in your Yearly Training Plan

Physical Preparation

Task 1 – Physical Preparation Plan

Outline your plan for physical preparation in terms of - Practice and Game Warm-ups / Practice and Game Cool Downs / Recovery
Improving Critical Fitness Variables / Injury Prevention / Managing Support Staff

Physical Preparation

Tas - Physical Preparation Plan - Continued

Physical Preparation

Task – Physical Preparation Plan - Continued

Physical Preparation

Task – Physical Preparation Plan - Continued

Please include any templates that you may use to illustrate your physical preparation plan and ensure the various components are also included in your Yearly Training Plan Template



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