

Hockey Canada

High Performance 1  
Knowledge Check Post Tasks

Version 1.0, 2022





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HP1 Evaluation Part A

Knowledge Check Post Tasks

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| Your High Performance 1 Knowledge Check post tasks are to be completed by (M/D/YR): | | | |  | |
| Your Provincial Member requires you to complete the following: (Circle all that apply): | | | | Skating / Skills / Shooting and Scoring / Developing Defence / Goaltending / | |
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| Please submit your Post Tasks to: | |  | | |  |
| Member (BRANCH): | |  | | |
| Title: | |  | | |
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| Email: | |  | | |
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| City: |  | | Province: |  | |
| Address: |  | | Postal Code: |  | |

Circumstances may arise, impacting on your ability to complete your post tasks by the date specified above. Extension requests must be submitted to the Member (Branch) or Member Partner in writing.

Group leaders are made available by the **Member (Branch) or Member Partner** as mentors for your Post Tasks. You may contact your group leader for clarification, direction, confirmation, information and support regarding the knowledge checks of the HP1 seminar. The e-mail address and phone number of your mentor is identified below.

|  |  |
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| Group Leader Name: |  |
| Phone: |  |
| Email: |  |

Knowledge Check: Skating

**Task 1 – Skating - Agility / Quickness**

**Create a progression of drills for the skills involved in Agility / Quickness Skating (3 drills).** Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 2 – Skating - Angling**

**Create a progression of drills for the skills involved in Angling (3 drills).** Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 3 – Transition Skating**

**Create a progression of drills for the skills involved in Transition Skating (3 drills).** Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 4 - Planning Skills Sessions**

**Using the Hockey Canada Network App, create 1 training plan that contains the following skills:**

**-The Training Plan should contain: (Utilize drills from the age category that you are working with)**

**- 2 Drills on Agility / Quickness**

**- 2 Drills on Angling**

**- 2 Drills on Transition Skating**

**\*For the HC Network App Task, you will have to invite name / e-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to a team you create and share the training plans via the network. Please use your name when creating the team ie. Task 5 – John Johnson**

Knowledge Check: Skills

**Task 1 – Skills - Agility / Quickness**

**Create a progression of drills for the skills involved in Agility / Quickness Skills (3 drills).** Please type the time, drill name,

description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams

and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program

may also be inserted to replace the blank rink diagram.

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**Task 2 – Skills – Deception**

**Create a progression of drills for the skills involved in Deception (3 drills).** Please type the time, drill name, description and key

teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the

document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also

be inserted to replace the blank rink diagram.

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**Task 3 – Skills - Puck Protection**

**Create a progression of drills for the skills involved in Puck Protection Skills (3 drills)**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan,

draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel.

Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 4 - Planning Skills Sessions**

**Using the Hockey Canada Network App, create 1 training plan that contains the following skills:**

**-The Training Plan should contain: (Utilize drills from the age category that you are working with)**

**- 2 Drills on Agility / Quickness**

**- 2 Drills on Deception**

**- 2 Drills on Puck Protection**

**\*For the HC Network App Task, you will have to invite name / e-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to a team you create and share the training plans via the network. Please use your name when creating the team ie. Task 5 – John Johnson**

Knowledge Check: Shooting and Scoring

**Task 1 – Shooting and Scoring – Quick Release**

**Create a progression of drills for the skills involved in Shooting and Scoring - Quick Release (3 drills)**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan,

draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel.

Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 2 – Shooting and Scoring - Shooting off a Pass**

**Create a progression of drills for the skills involved in Shooting off a Pass (3 drills)**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan,

draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel.

Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 3 – Shooting and Scoring** - Changing the Shot Angle

**Create a progression of drills for the skills involved in Changing the Shot Angle (3 drills)**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan,

draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel.

Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 4 - Planning Skills Sessions**

**Using the Hockey Canada Network App, create 1 training plan that contains the following skills:**

**-The Training Plan should contain: (Utilize drills from the age category that you are working with)**

**- 2 Drills on Quick Release**

**- 2 Drills on Shooting off a Pass**

**- 2 Drills on Changing the Shot Angle**

**\*For the HC Network App Task, you will have to invite name / e-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to a team you create and share the training plans via the network. Please use your name when creating the team ie. Task 5 – John Johnson**

Knowledge Check: Developing Defencemen

**Task 1 – Developing Defencemen - Agility / Quickness**

**Create a progression of drills for the skills involved in Agility / Quickness Developing Defencemen (3 drills)**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan,

draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel.

Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 2 – Developing Defencemen - Angling**

**Create a progression of drills for the skills involved in Angling (3 drills).** Please type the time, drill name, description and key

teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the

document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be

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**Task 3 – Transition for Developing Defencemen**

**Create a progression of drills for the skills involved in Transition for Developing Defencemen (3 drills)**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan,

draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel.

Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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**Task 4 - Planning Skills Sessions**

**Using the Hockey Canada Network App, create 1 training plan that contains the following skills:**

**-The Training Plan should contain: (Utilize drills from the age category that you are working with)**

**- 2 Drills on Agility / Quickness**

**- 2 Drills on Angling**

**- 2 Drills on Transition Skating**

**\*For the HC Network App Task, you will have to invite name / e-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to a team you create and share the training plans via the network. Please use your name when creating the team ie. Task 5 – John Johnson**

Knowledge Check: Goaltending

**Task 1 – Goaltending Warm Up - Practice**

**Create Diagram and explain two (2) drills that you would use to warm up your goaltenders in practice.**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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Additional Comments:

**Task 2 – Goaltending Warm Up - Game**

**Diagram and explain two (2) drills that you would use to warm up your goaltenders for a game.**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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Additional Comments:

**Task 3 – Goaltending – Communication with defence**

**Create Diagram and explain two (2) drills designed to improve goalie-specific communication skills with your defensemen in a game play scenario.**

Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

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Additional Comments:

**Task 4**

Design your head coach / goalie coach meeting with your goaltenders. What do you want to cover? How do you want your goaltender to feel at the end of a meaningful constructive meeting?

**Task 5**

Design your communication plan for your Coaches - Specifically your Defense and Goalie Coach.

**Task 6**

Establish and describe your teams pre-determined D Zone commands.

**Task 7**

Decide and describe how you will measure success of these commands.

**Task 8**

1. Describe what goalie stats you want to keep track of.
2. Who will you assign to collect /track these stats?
3. How will you use this information to guide your goaltenders and team for success.

