

Hockey Canada Network

NCCP Module | iOS
2021-2022



Hockey Canada Development



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HOCKEY CANADA
NETWORK

BY THE NUMBERS



800 TEAM CANADA
GAME CLIPS



3,200 ARTICLES



300
PRACTICE PLANS



1,500
DRILLS

900



VIDEOS

The Future of Coaching, Education and Sharing

The Hockey Canada Network is a game changer for Coaches and Players.

- ❖ Drills
- ❖ Videos
- ❖ Practice Plans
- ❖ Information Sharing

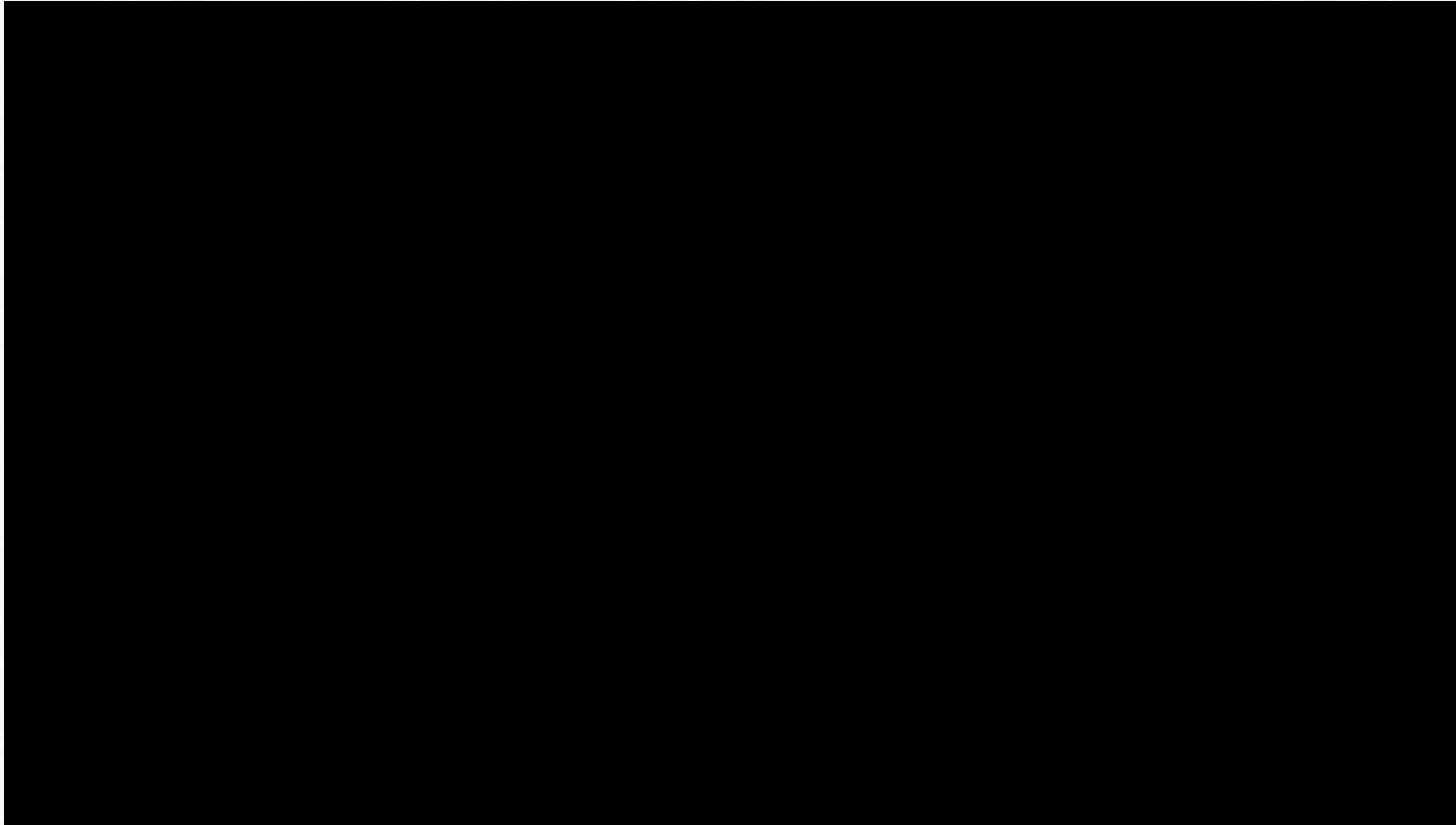


Maintenance of Certification

- ❖ In order for NCCP coaches to maintain their certified status, they are required to obtain Professional Development (PD) points.
- ❖ Coaches who complete the Hockey Canada Network NCCP Module will receive certification maintenance points.



Introduction



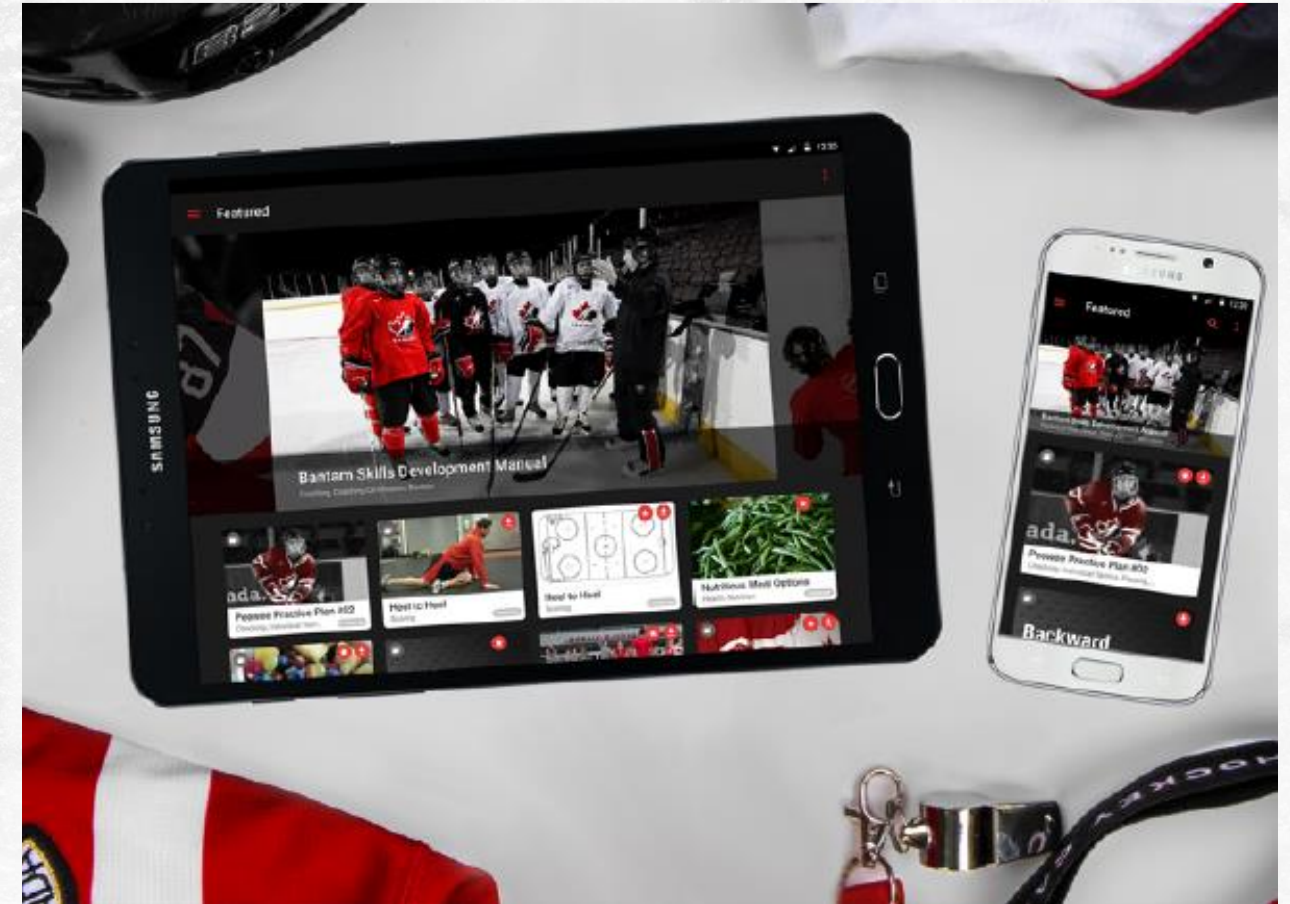
PLAY VIDEO

www.hockeycanadanetwork.com

Introduction

- ❖ The HC Network can be downloaded to multiple devices, using the same login credentials.

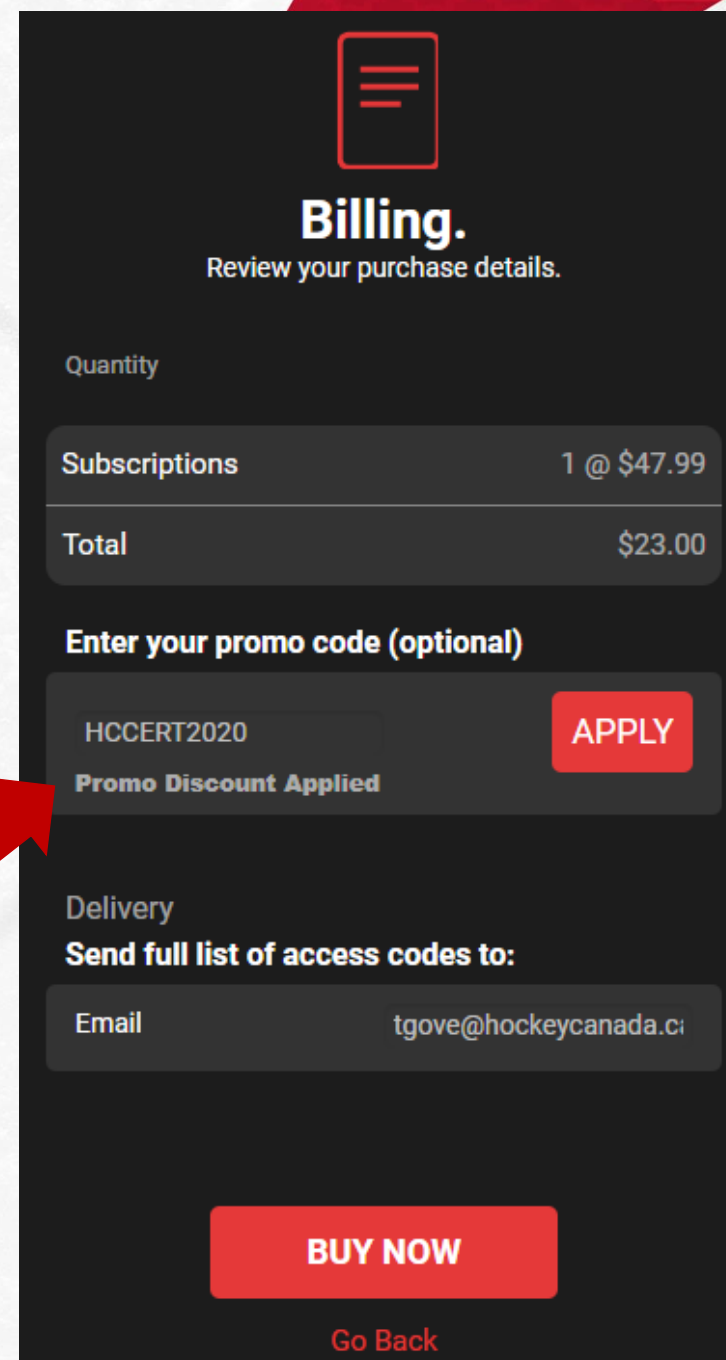
Android / iOS / English / French



Introduction

SUBSCRIBE

- ❖ **Step 1:** Need an access code?
- ❖ Purchase an access code for a premium subscription to the Hockey Canada Network from www.hockeycanadanetwork.com
- ❖ Enter the promo code: **HCCERT2021** to save 50% on annual subscriptions.



The screenshot shows a dark-themed 'Billing' page. At the top, there's a menu icon and the title 'Billing.' with the subtitle 'Review your purchase details.' Below this is a table with two rows: 'Subscriptions' showing '1 @ \$47.99' and 'Total' showing '\$23.00'. Under the table, there's a section 'Enter your promo code (optional)' with a text input field containing 'HCCERT2020' and a red 'APPLY' button. Below the input field, it says 'Promo Discount Applied'. Further down, under the 'Delivery' section, it says 'Send full list of access codes to:' followed by an email field containing 'tgove@hockeycanada.ca'. At the bottom, there's a large red 'BUY NOW' button and a smaller 'Go Back' link.

Quantity	
Subscriptions	1 @ \$47.99
Total	\$23.00

Enter your promo code (optional)

HCCERT2020 APPLY

Promo Discount Applied

Delivery

Send full list of access codes to:

Email tgove@hockeycanada.ca

BUY NOW

[Go Back](#)

Introduction

SUBSCRIBE

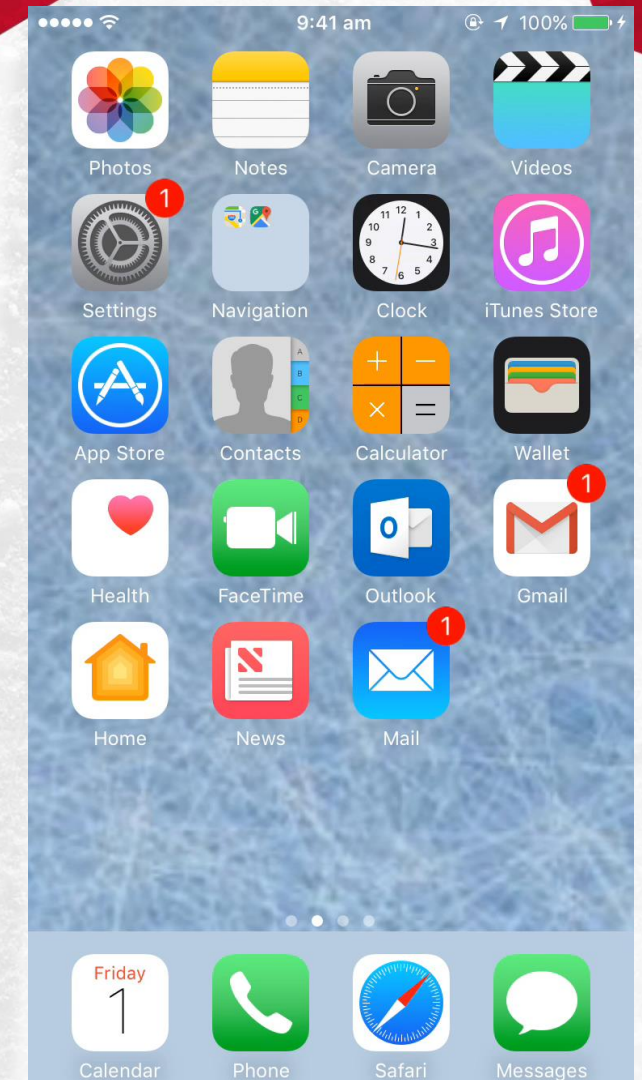
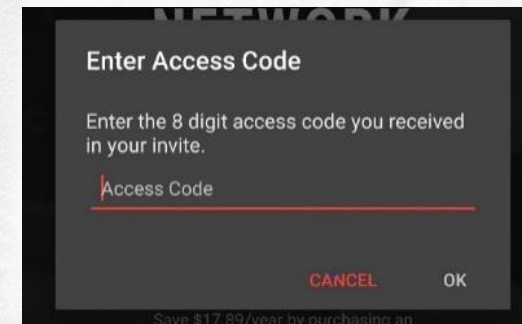
❖ The Hockey Canada Network App is a free download from the:



❖ Users with a premium subscription can share any article, drill, or video with free version users.



Enter the 8-digit access code that was e-mailed / provided to you or on the card provided to you.

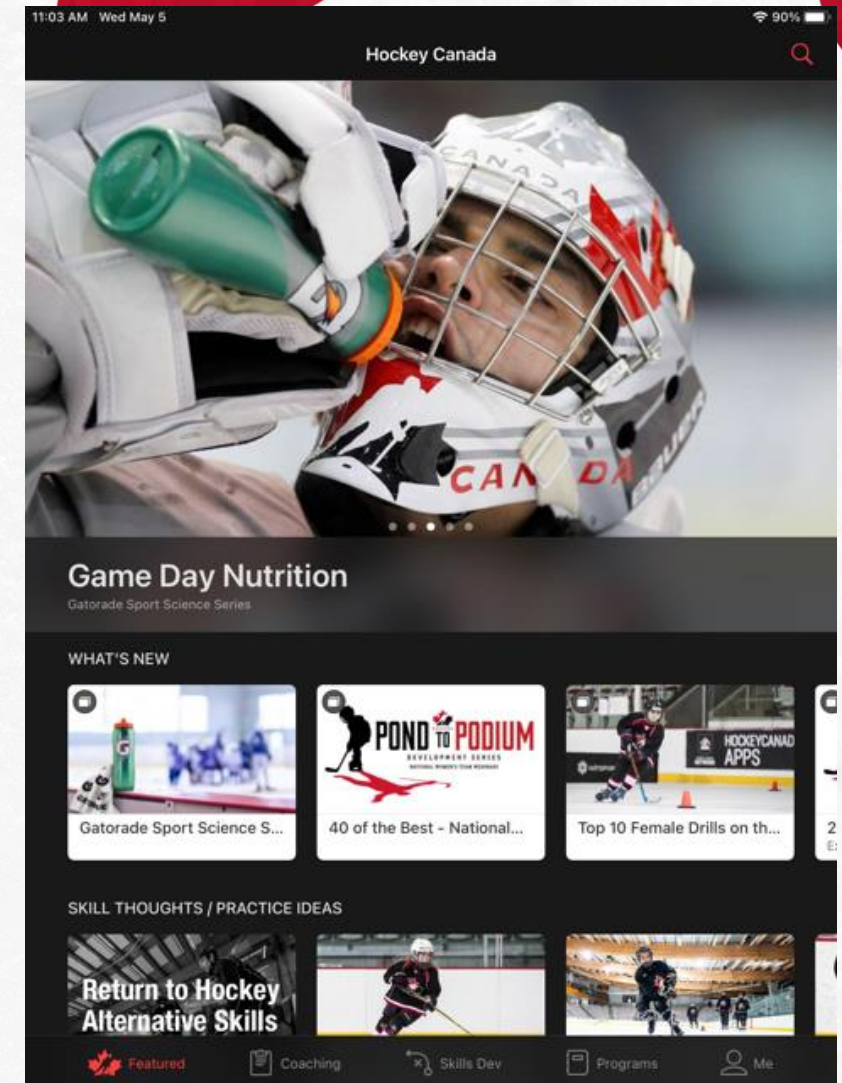


PLAY VIDEO



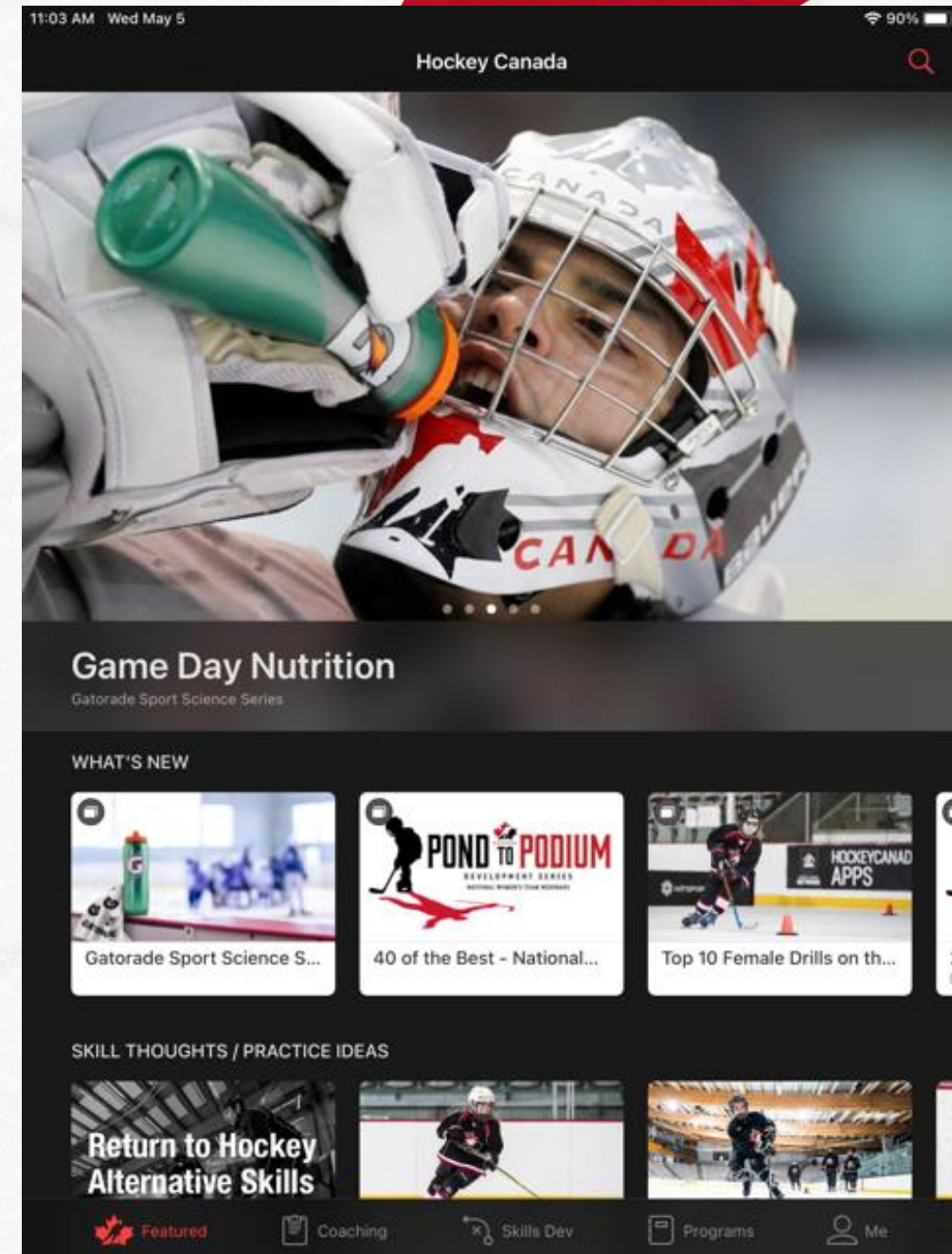
The Hockey Canada Network has 4 Main Pages:

1. **FEATURED** – the home page that automatically updates each time the App is opened. This section includes resources relevant to the time of year. Scroll through the lists to find drills, important articles, and various resources for all levels of the game.
2. **COACHING** - essentials for new and experienced coaches. Provides information on player development, coach certifications, and player pathways for all program levels.
3. **SKILL DEVELOPMENT** - home to hundreds of drills (organized by skill and ordered by progression), Skills Manuals, practice plans, Skills of Gold videos and more.
4. **PROGRAMS** - provides invaluable resources to coaches, players and parents. Find everything you need to know on Female Hockey, Long Term Player Development, Health and Nutrition, School Programs and more in this section.

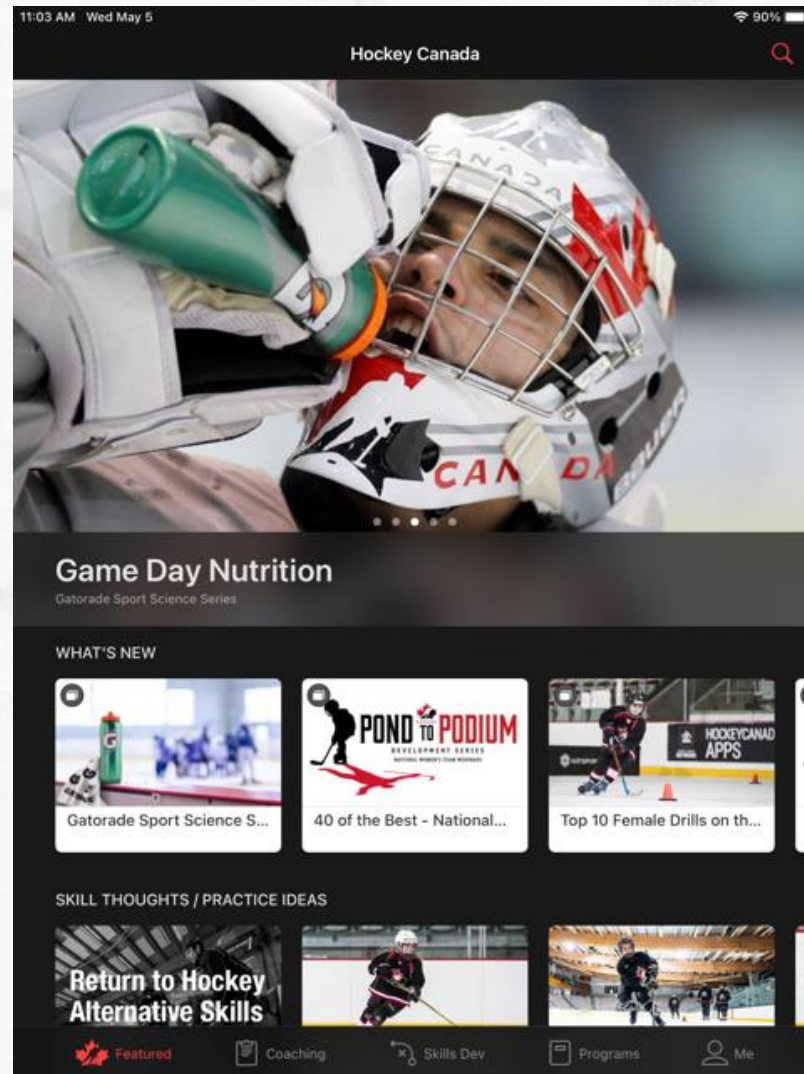


Featured

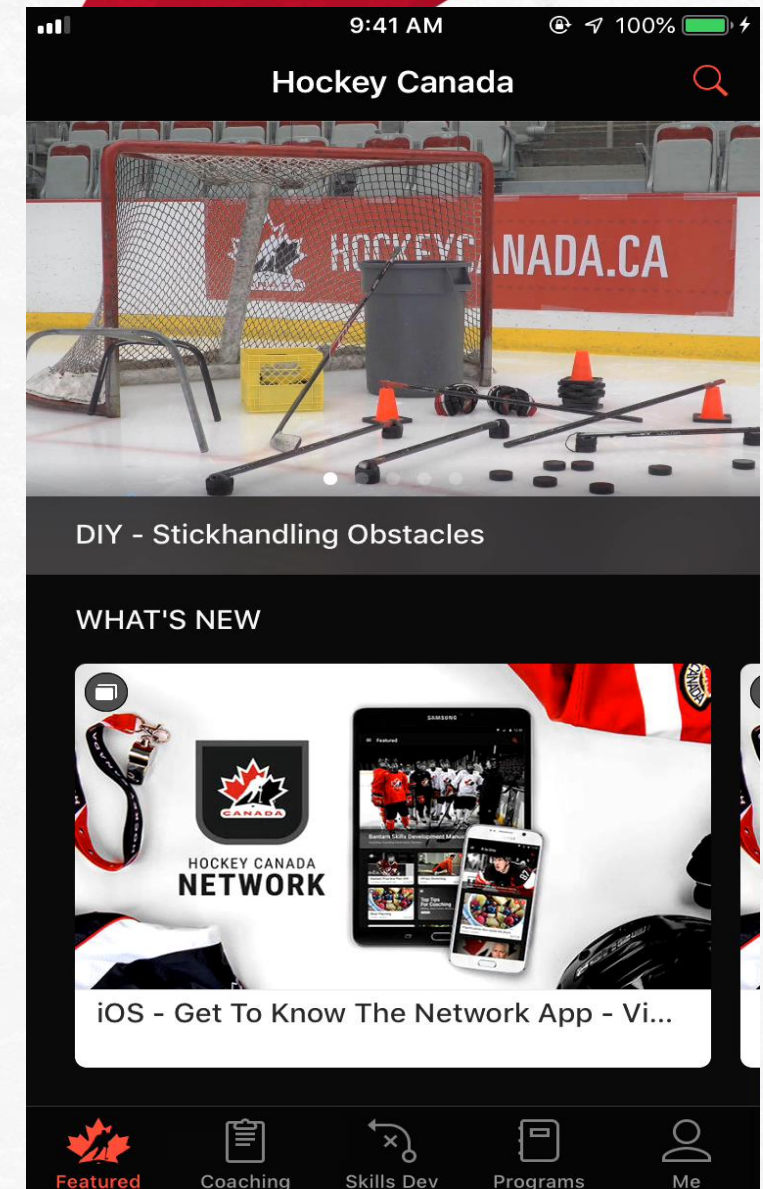
- ❖ Featured is the home page of the Hockey Canada Network and the place where you will always start within the App.
- ❖ The Featured page automatically updates every time the App is opened.



Featured



- ❖ Swipe left or right to view featured content that is updated regularly.
- ❖ Swipe up to view 'What's New', 'Recommended Skills & Drills', and various Tutorials.
- ❖ Swipe left to view multiple articles in each of these sections.



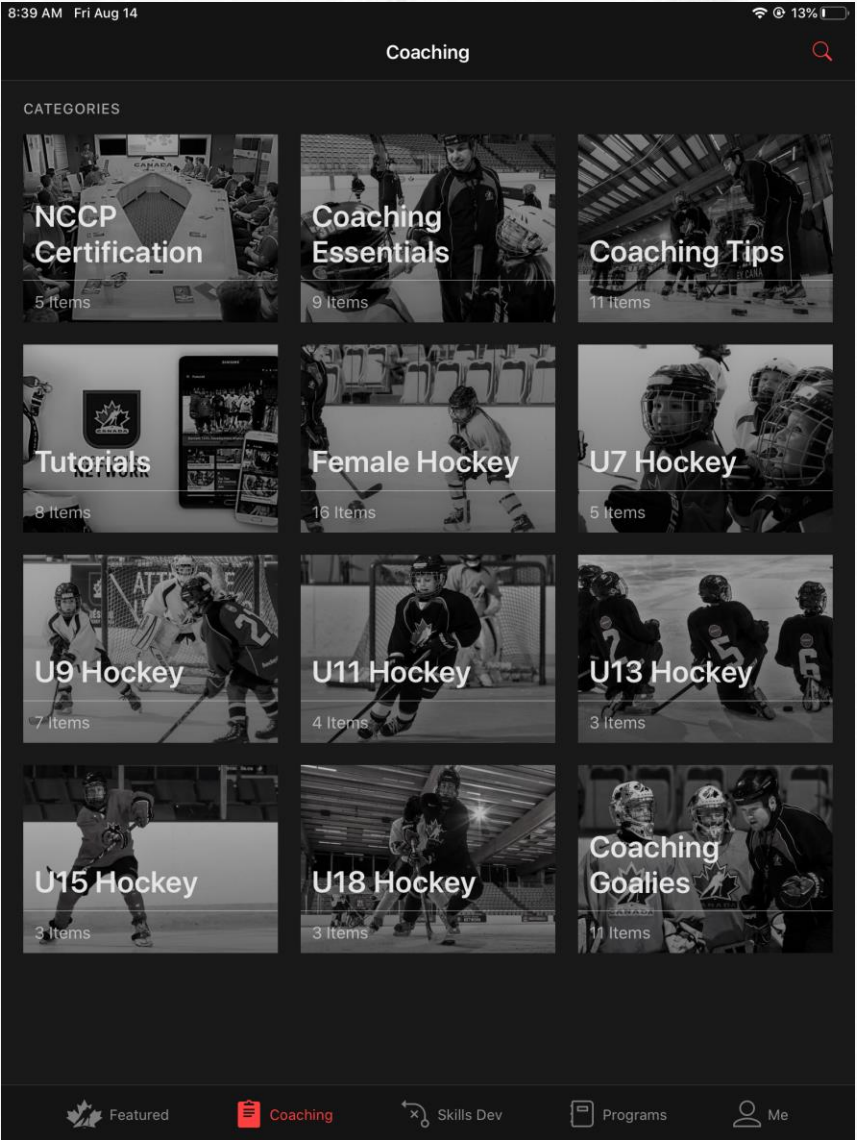
PLAY VIDEO

Featured Page Task

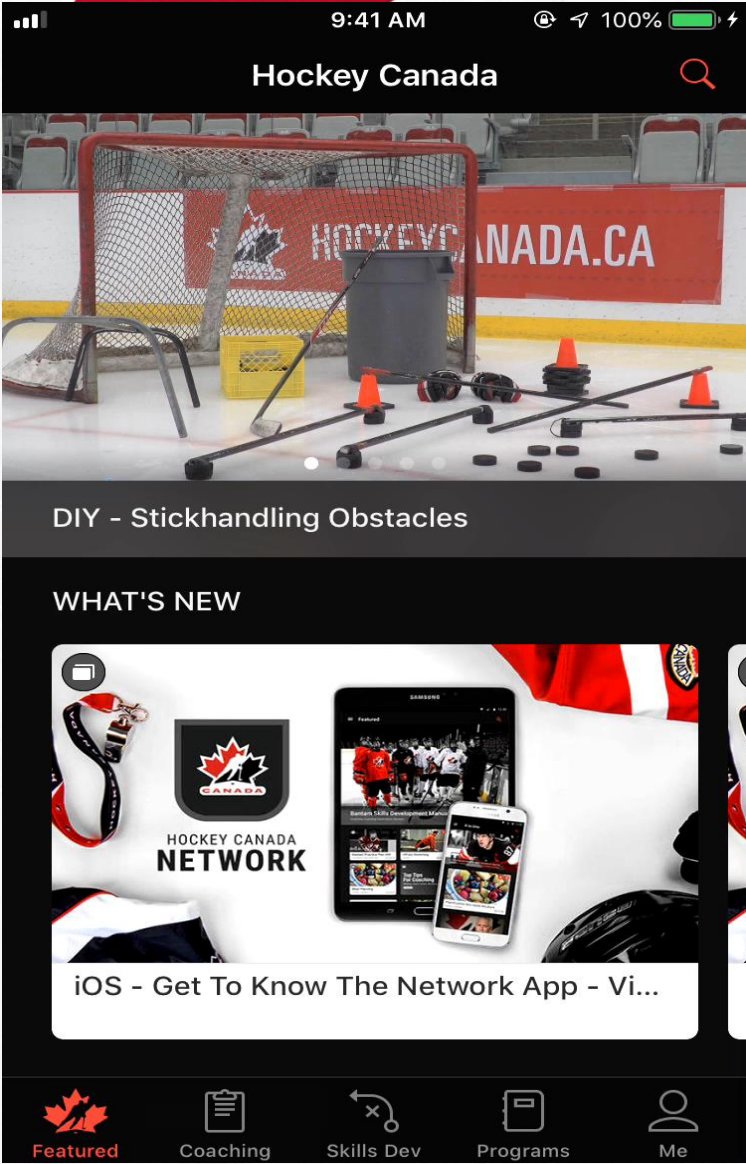
Now that you are familiar with the **Featured Section** of the Hockey Canada Network, please complete the following task list:

- ❖ Open each of the articles in the top row of articles.
- ❖ Scroll through the What's New, Skills & Drills, and Getting Started lists.

Coaching



❖ Tap on a subject to view information on specific age groups such as seasonal breakdowns and skill inventories.

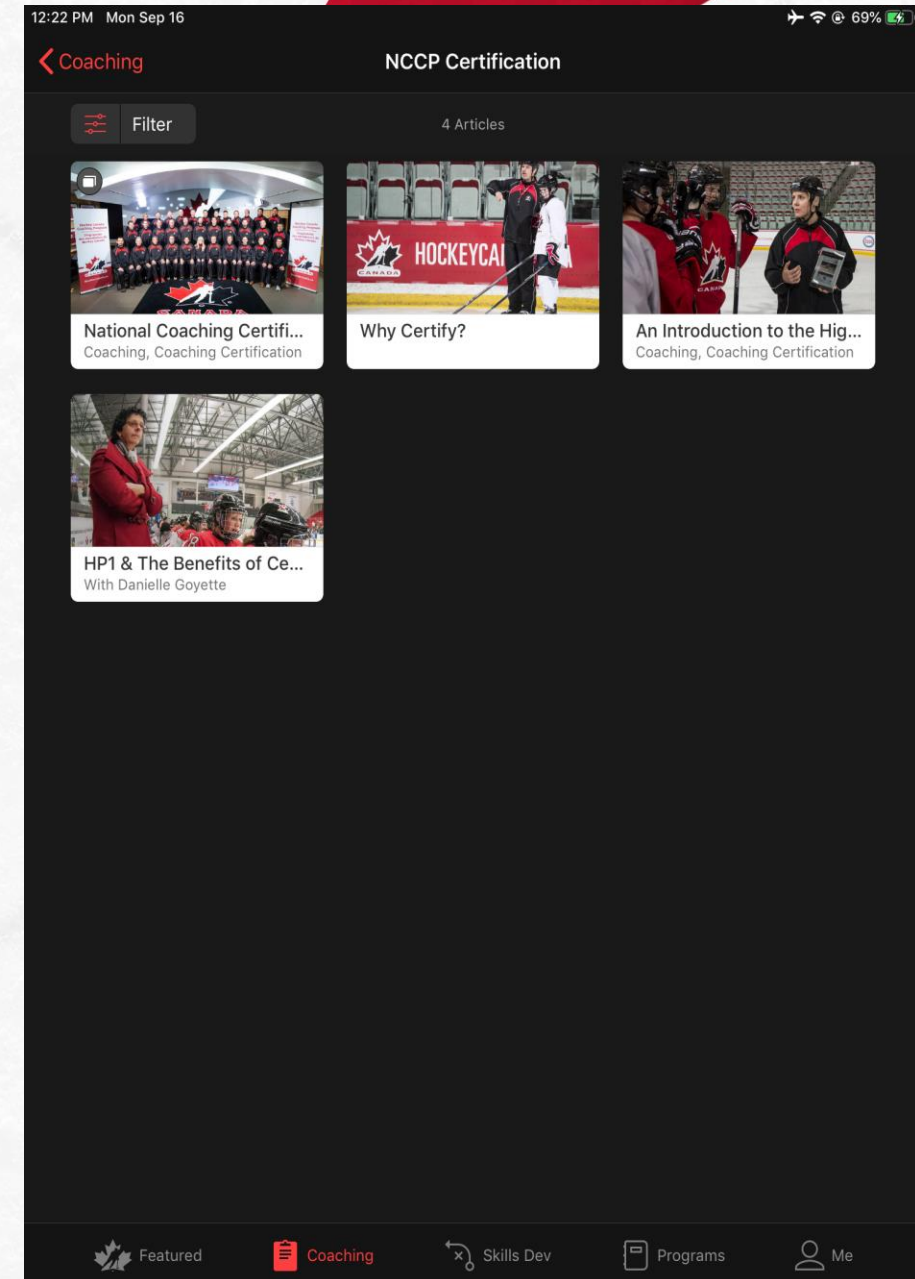


PLAY VIDEO



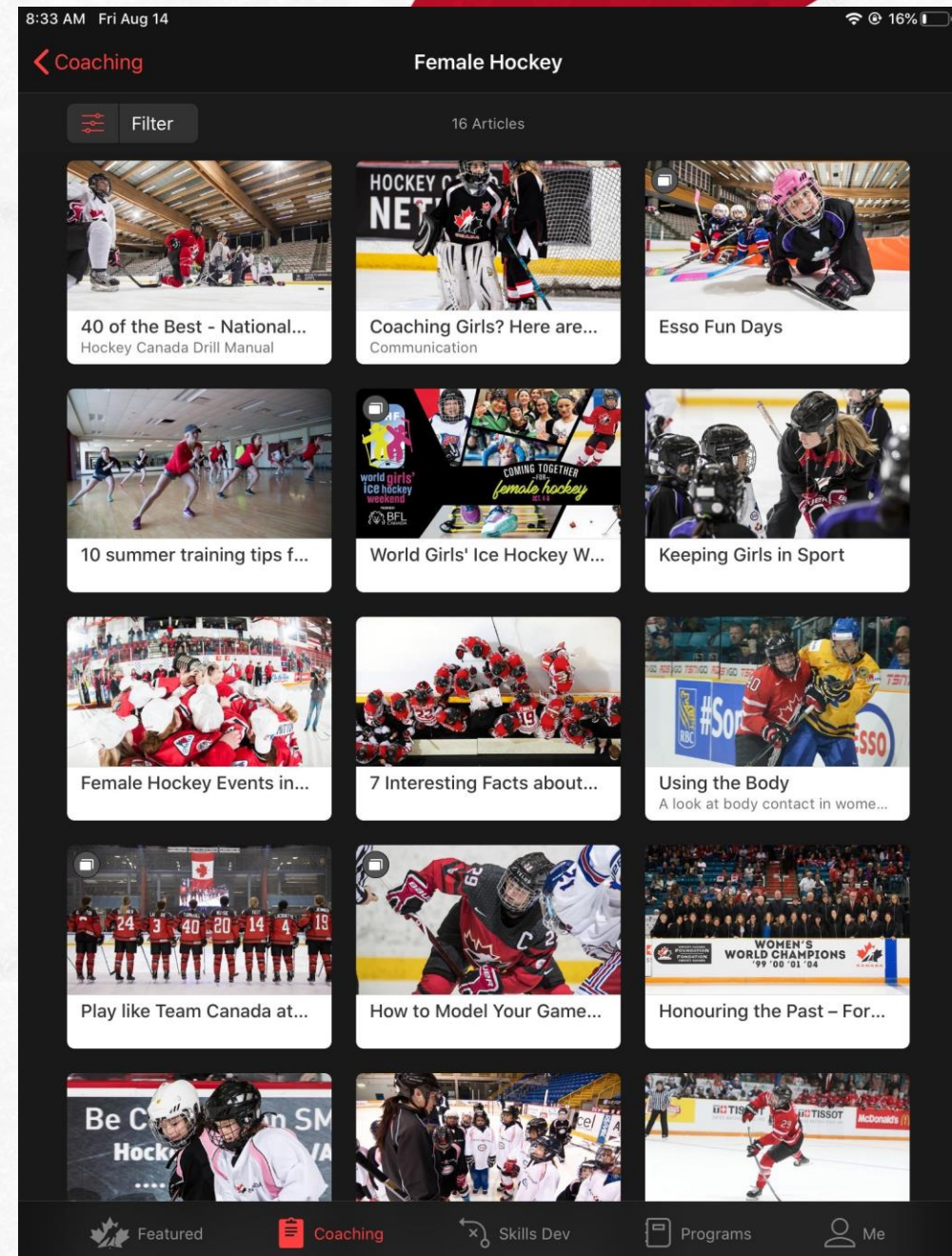
NCCP Certification

- ❖ The ***NCCP Certification*** section within the Coaching Page outlines the National Coaching Certification Program, the High-Performance Program, and the importance and benefits of certification as a coach.



Female Hockey

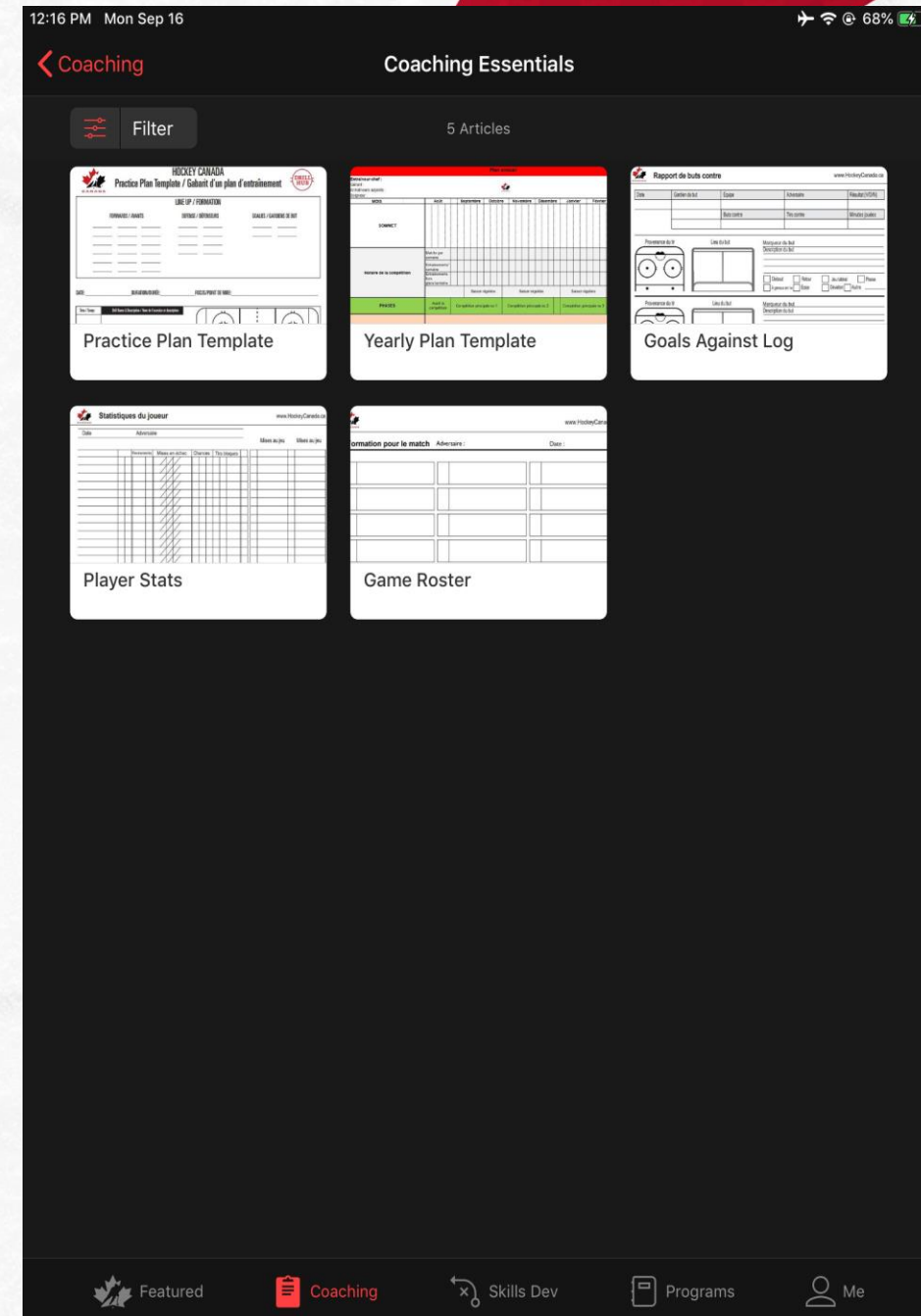
- ❖ Find a variety of resources for girls and women in hockey in the **Female Hockey** section within the Coaching page, including A Guide to Female Hockey in Canada, training tips, and coaching information.



Coaching Essentials

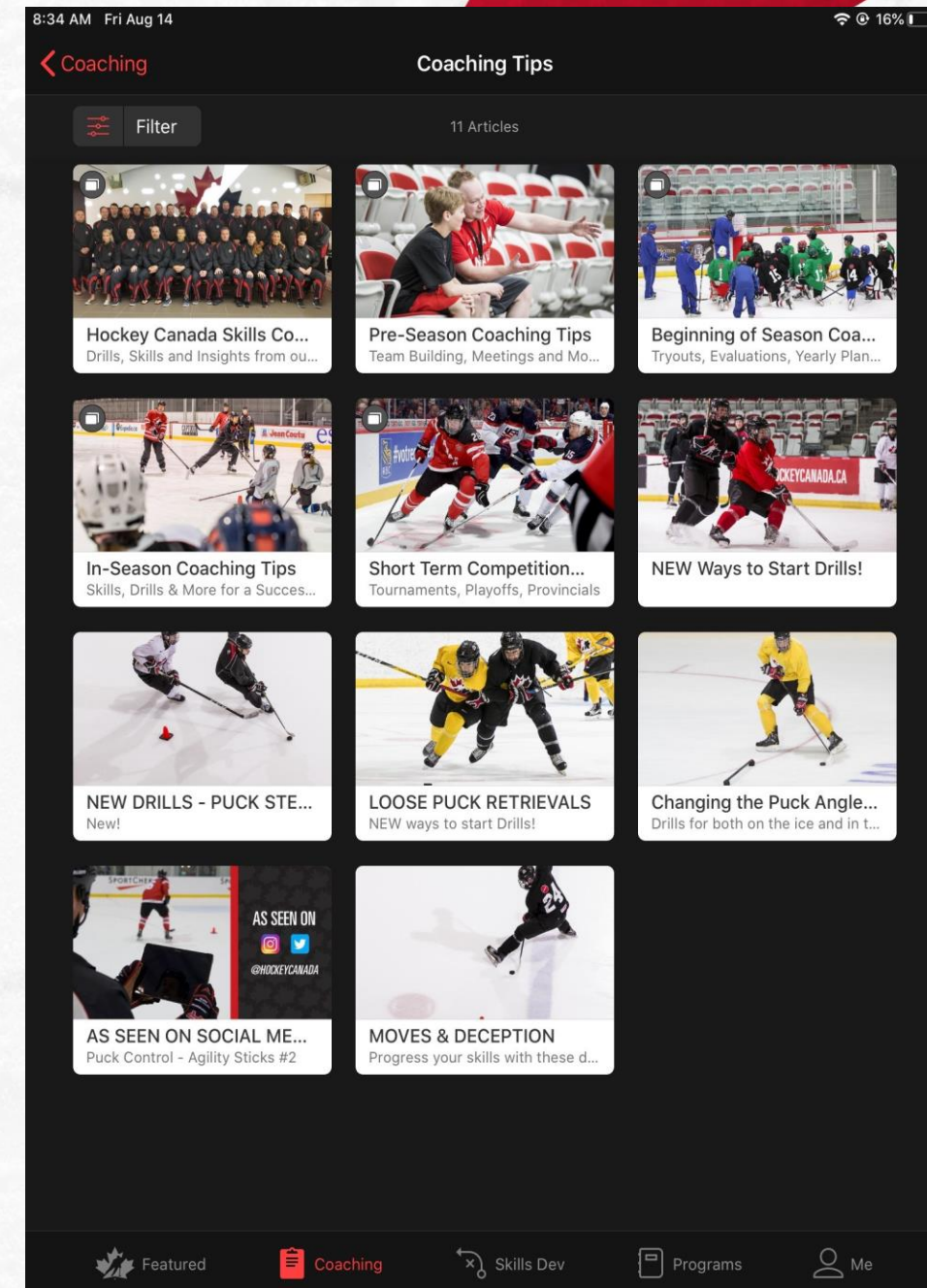
❖ Hockey Canada's **Coaching Essentials** are for all levels of the game. From rookie coaches to seasoned veterans, find important resources in this section, including Practice Plan Templates, Player Tracking Documents, and Seasonal Planning Templates.

❖ Enable wireless printing through your phone or tablet to print any PDF documents.



Coaching Tips

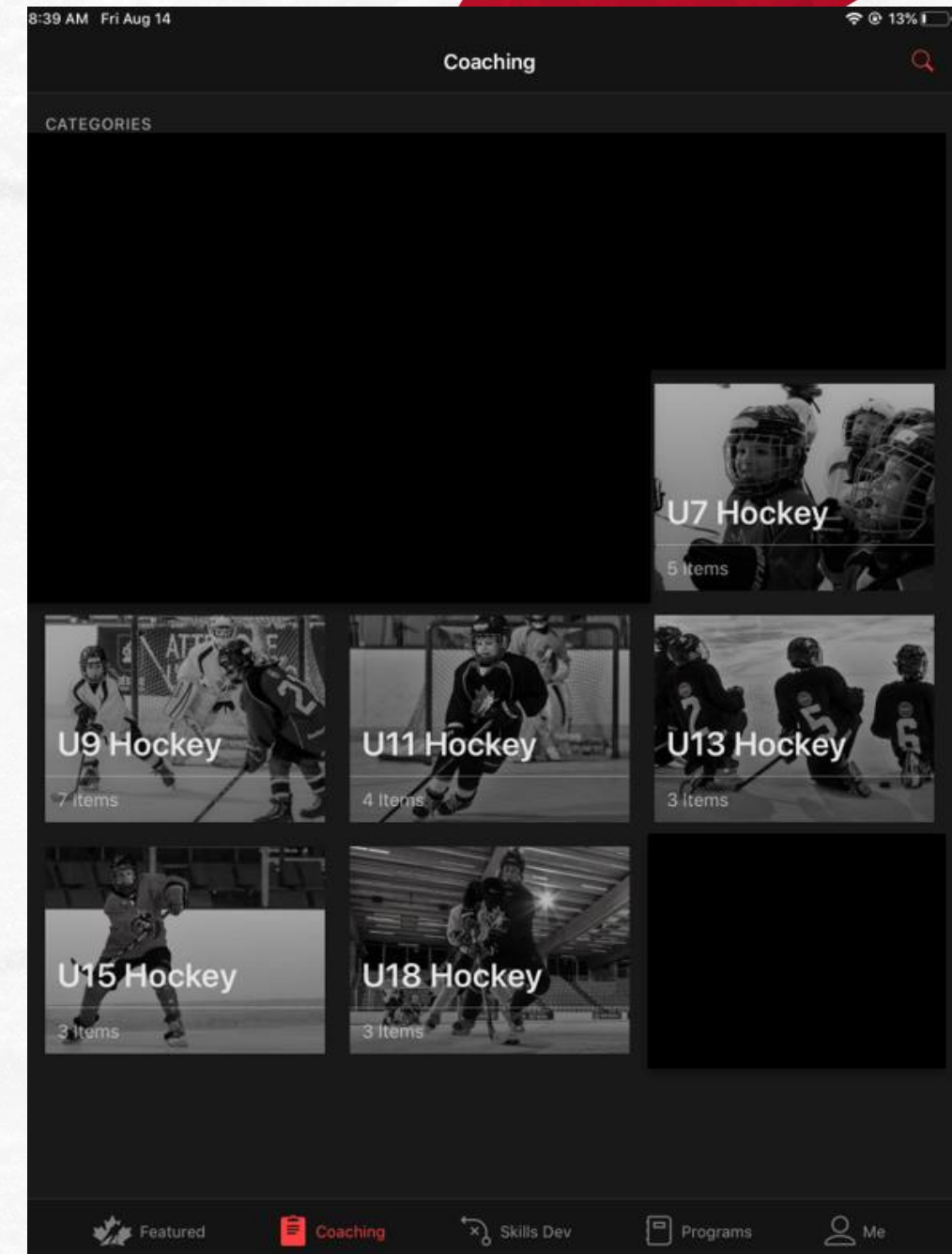
❖ Visit the **Coaching Tips** Section from the Coaching Page to find a variety of articles and resources. Learn how to create DIY Stickhandling Obstacles, find evaluation tips for coaches, players, and parents, and read additional articles on player development.



Player Development

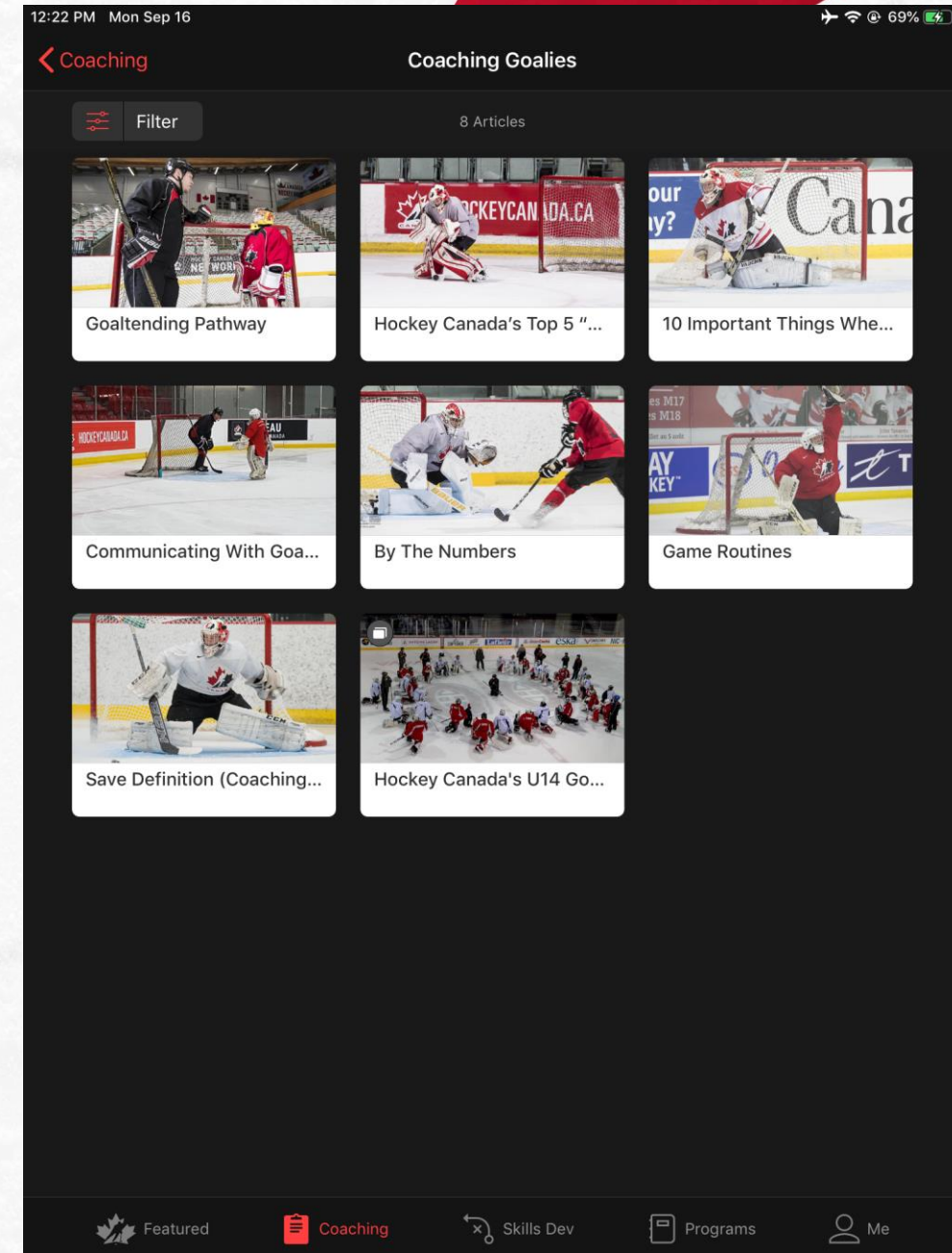
- ❖ U7 Hockey
- ❖ U9 Hockey
- ❖ U11 Hockey
- ❖ U13 Hockey
- ❖ U15 Hockey
- ❖ U18 Hockey

❖ The ***Player Development*** Section has a tile for each level. Find Player Pathways, Long Term Player Development, and Core Skills specific to each level within each tile.



Coaching Goalies

- ❖ Visit the **Coaching Goalies** Section from the Coaching Page to find a variety of articles and resources specific to the development of goaltenders. From communication tips to game routines to off-ice sports that will benefit goaltenders, this section includes a variety of resources that will benefit all coaches.

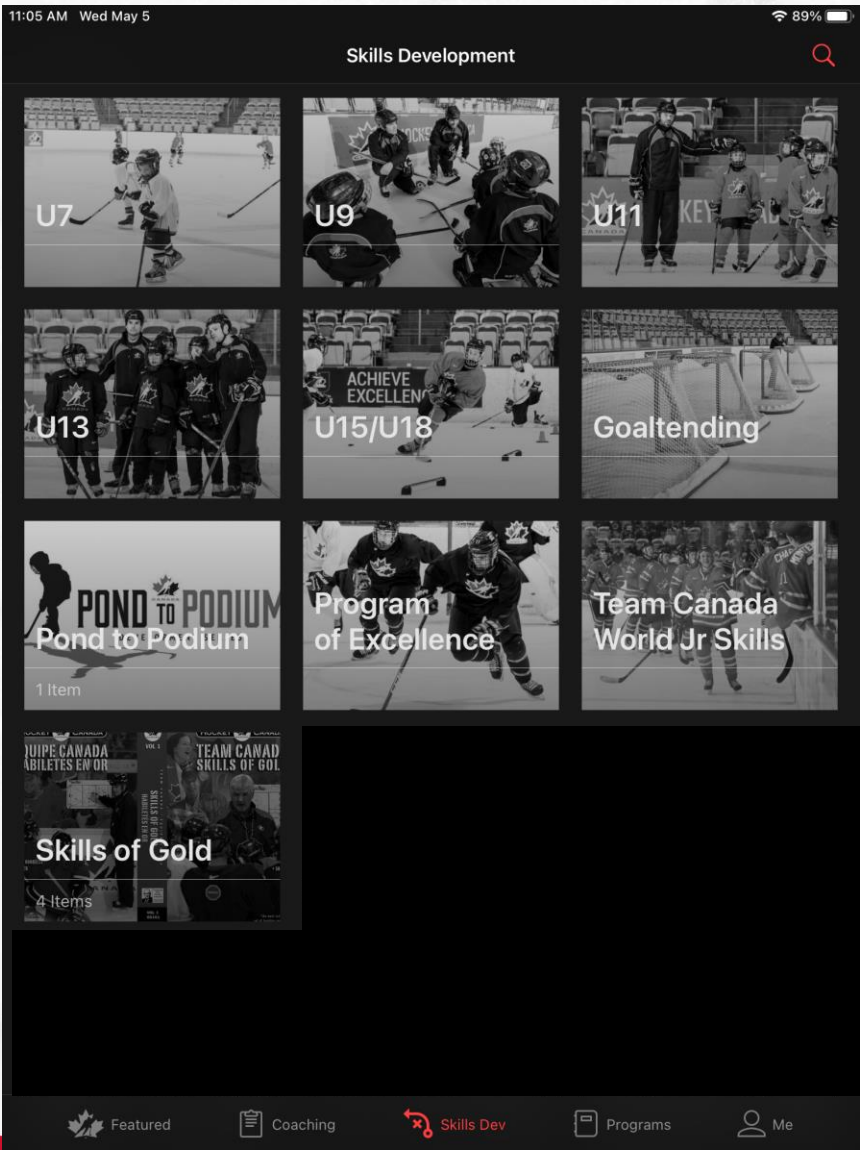


Coaching Page Task

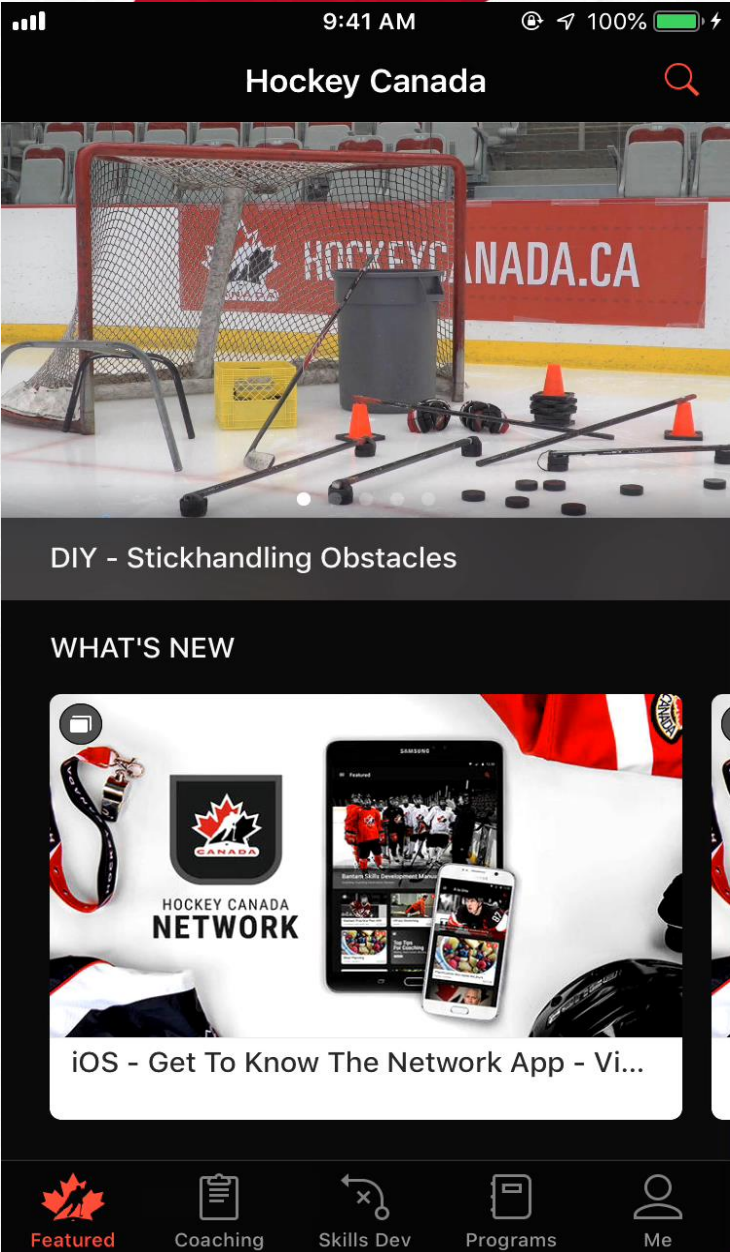
Now that you are familiar with the **Coaching Section** of the Hockey Canada Network, please complete the following task list:

- ❖ Find the articles that contain the Practice Plan, Yearly Plan, and Player Stats template documents.
- ❖ Watch the DIY – Stickhandling Obstacles videos from the Coaching Tips section.
- ❖ Review the Skill Development presentation, also from the Coaching Tips section.
- ❖ Review the U9 Game Play Guidelines found in Half-Ice Hockey.
- ❖ Find the U15 Pathway.

Skill Development



❖ Swipe up to view the different Skill Development Categories.

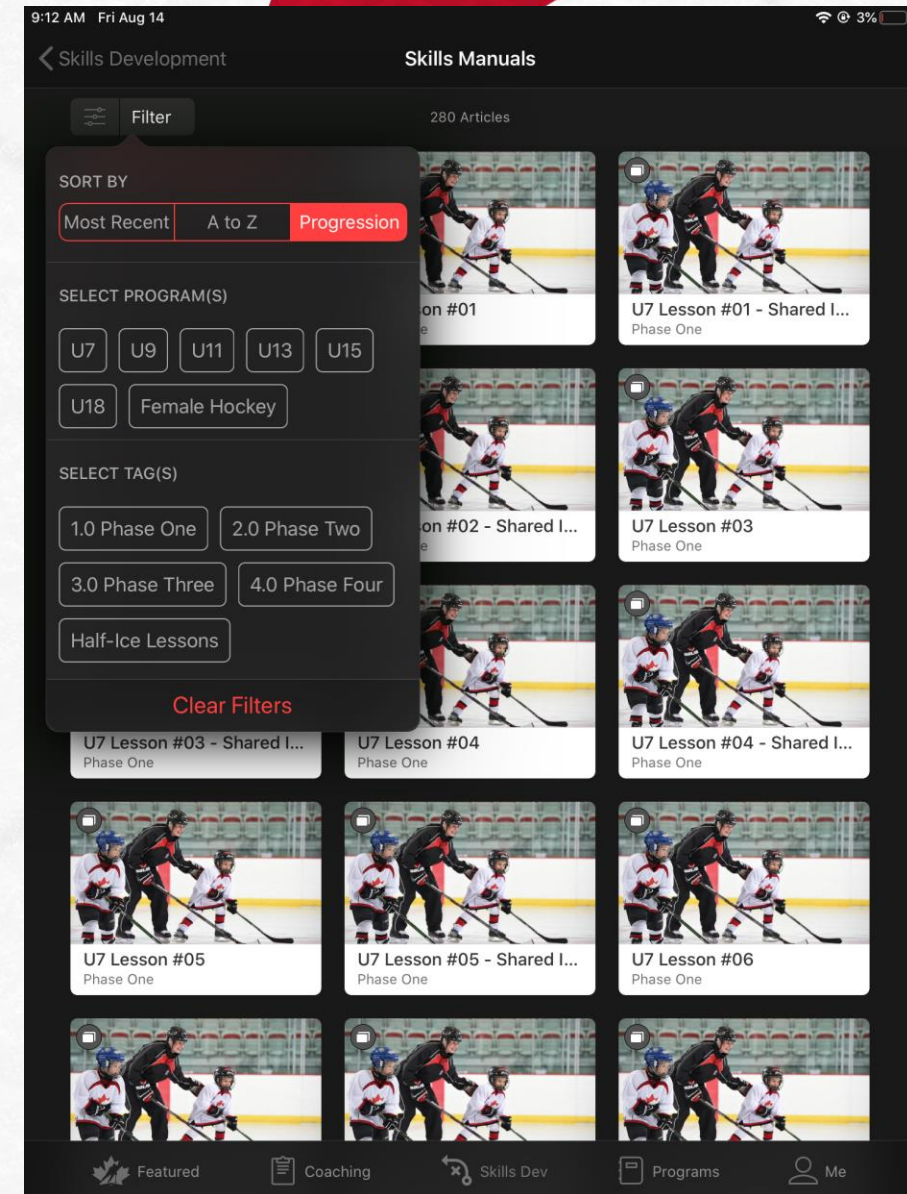
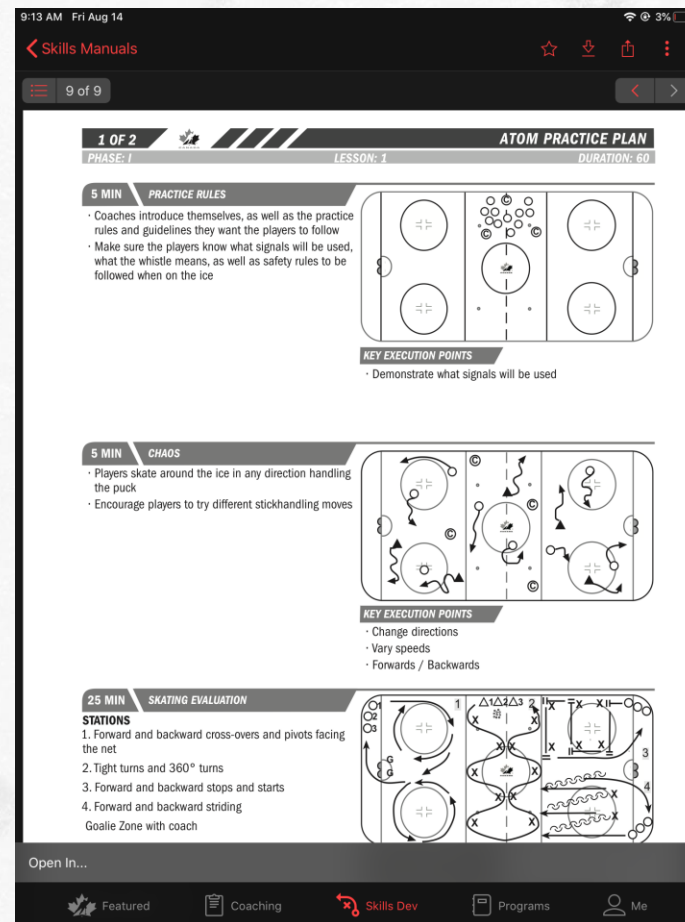
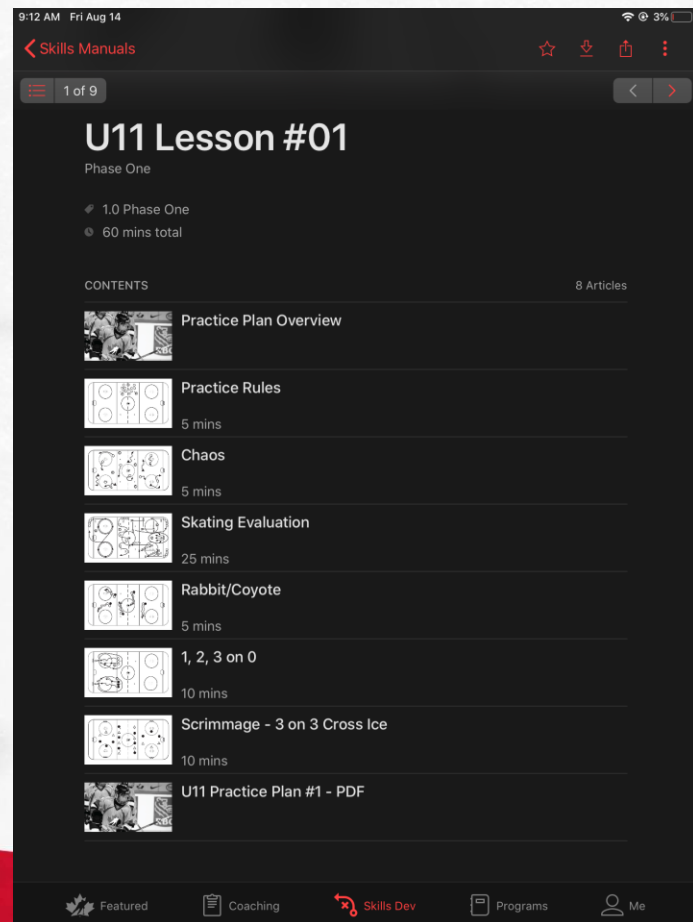


PLAY VIDEO

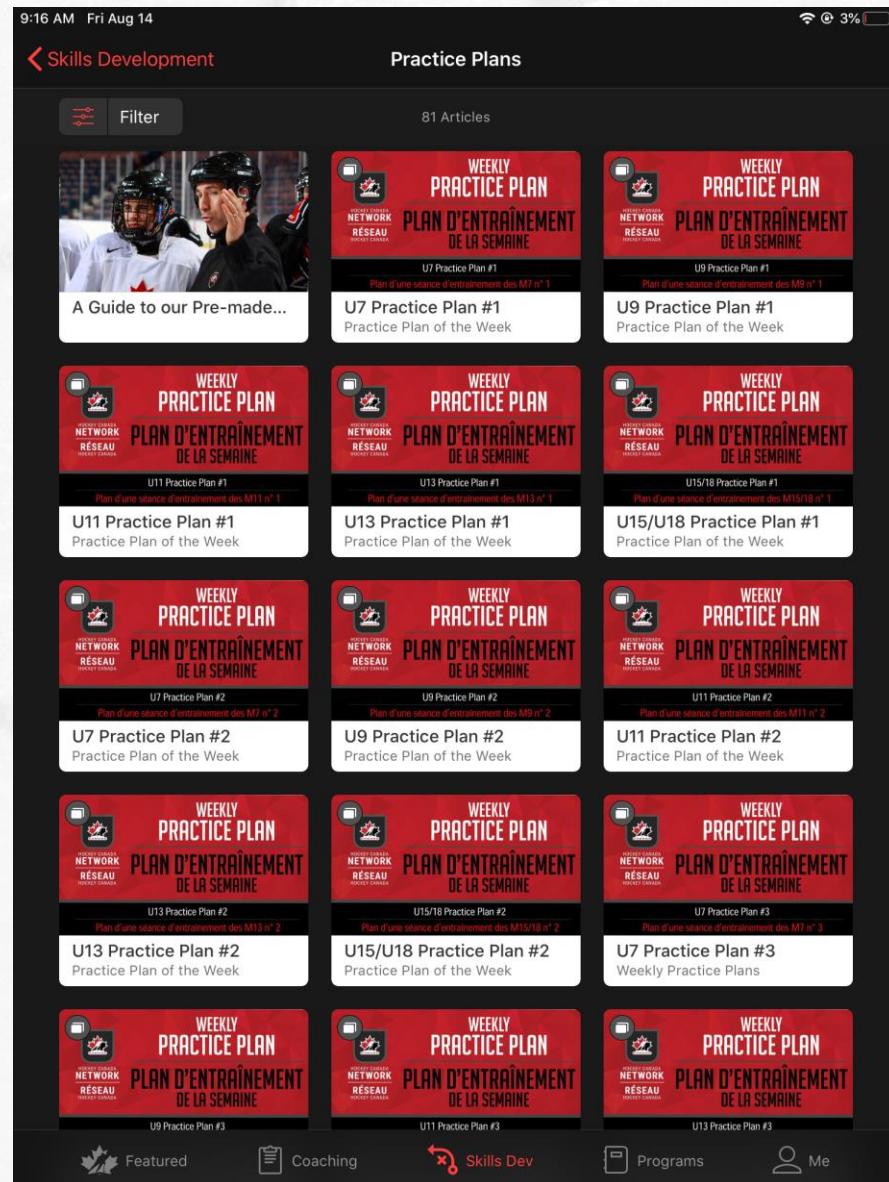


Skills Manuals

- ❖ The entire series of **Hockey Canada Skills Development Manuals** is located here.
- ❖ Each manual is divided into 32 separate practice plans.
- ❖ Each individual drill can also be accessed.

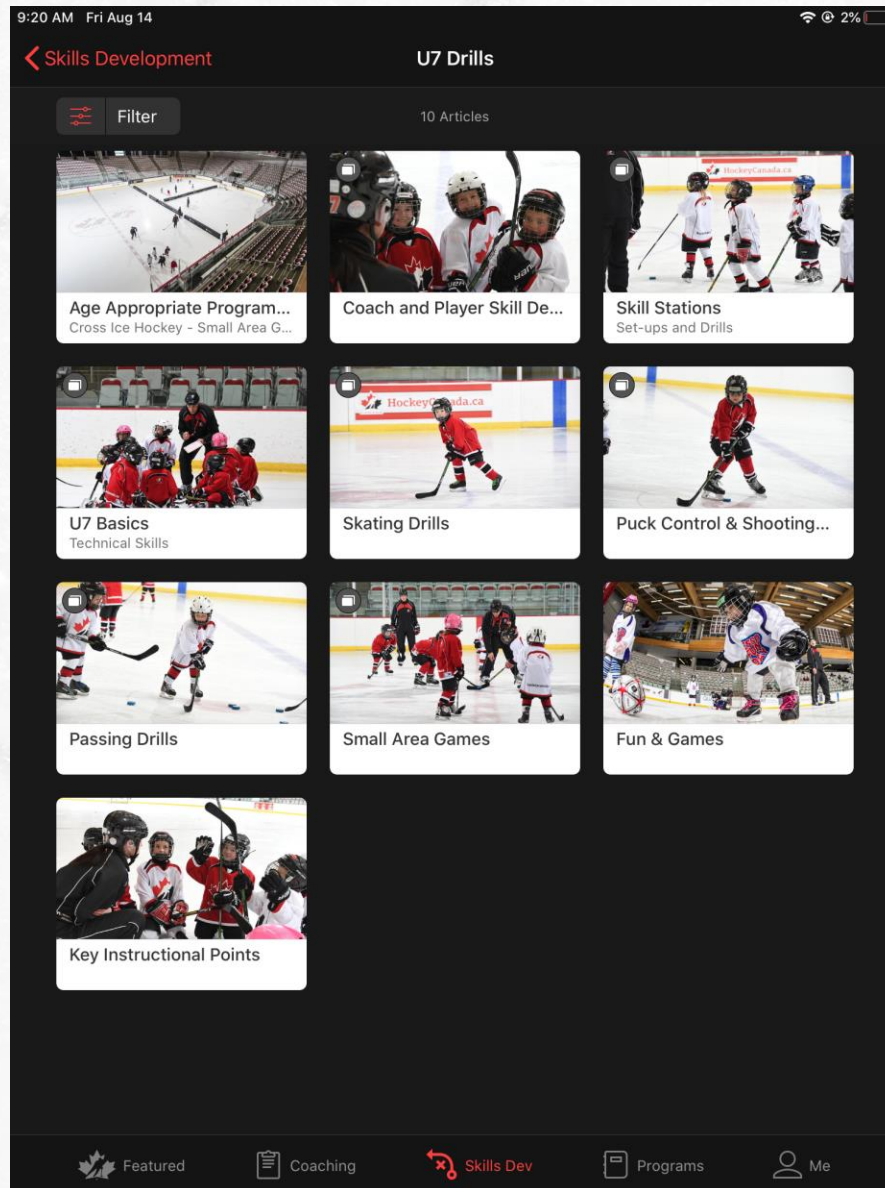


Practice Plans



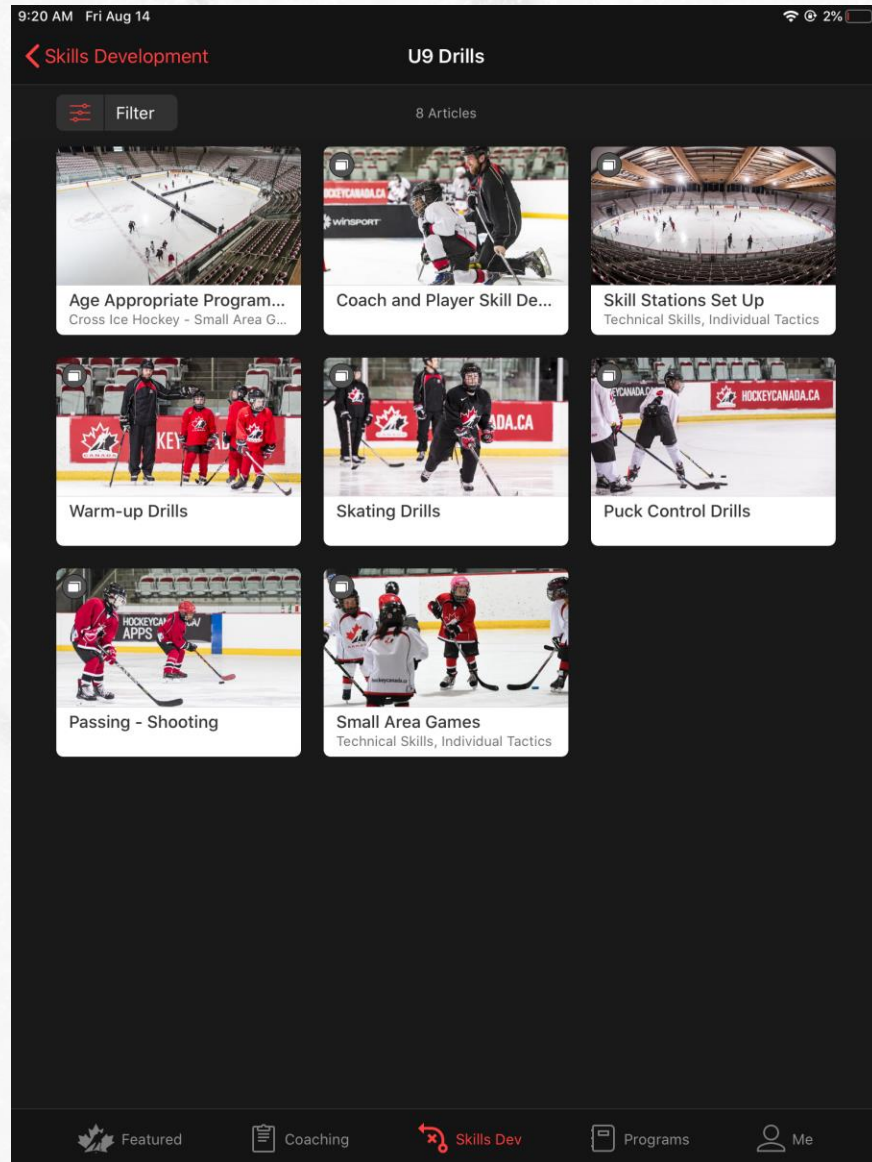
- ❖ Find pre-made **Practice Plans** for all levels in this section. Each practice plan is designed as a skills insert for coaches to put into their practice.
- ❖ 4 skill drills in each plan allow for the coach to put in a few of their own favorites while incorporating skill development into every practice.

U7 Drills



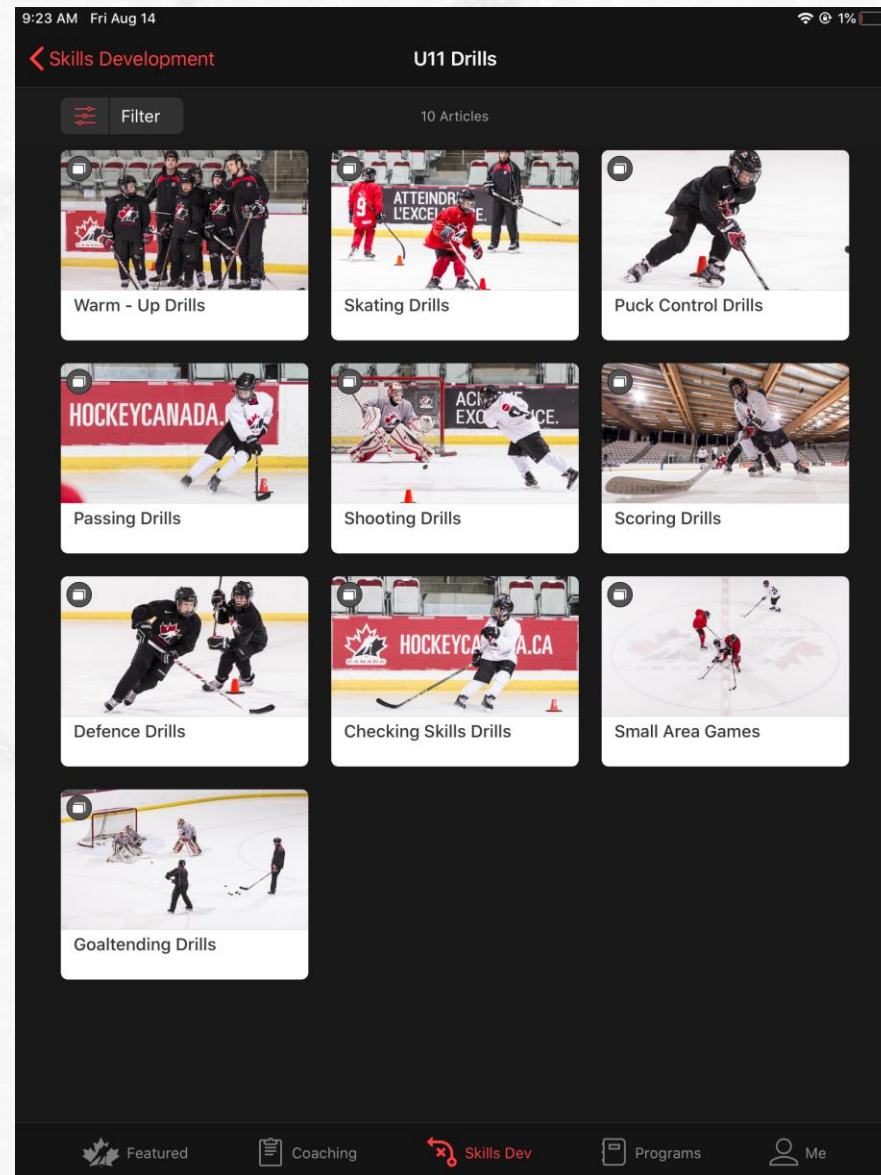
- ❖ Over 150 Drills and Videos specific to the **U7 Program** are included here.
- ❖ The Fun and Games Manual filled with ideas on small area and fun games is also located in this section.

U9 Drills



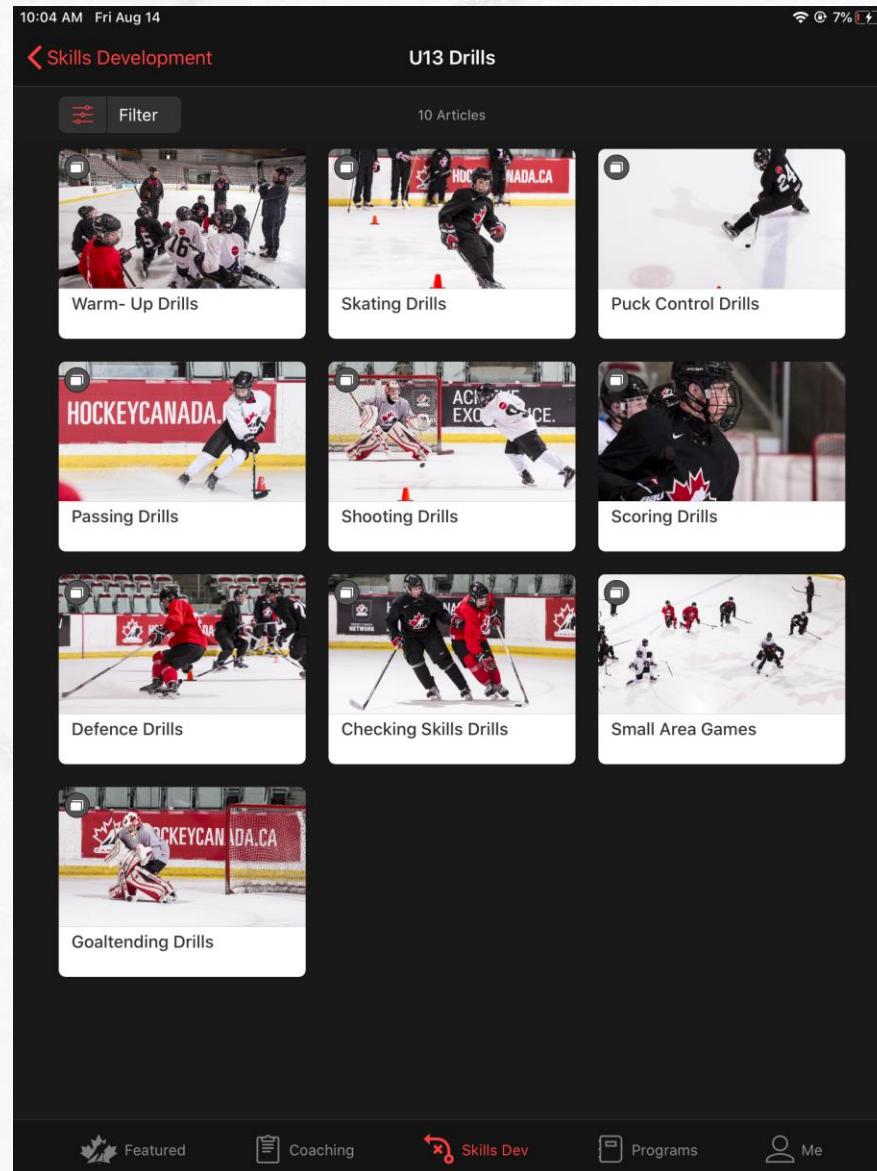
- ❖ Visit the **U9** Section from the Skill Development Page to find 100 drills specific to U9 aged players. Each drill includes a drill diagram, video demonstration by novice players, skill description, and key teaching points. Demonstrations by Hockey Canada Skills Coaches are also included in this section.

U11 Drills



- ❖ The **U11** Section within the Skill Development Page has drills for U11 aged players, including Skating, Puck Control, Shooting & Scoring, and Defence. Small Area Games and Goaltending Drills for U11 players are also included in this section.

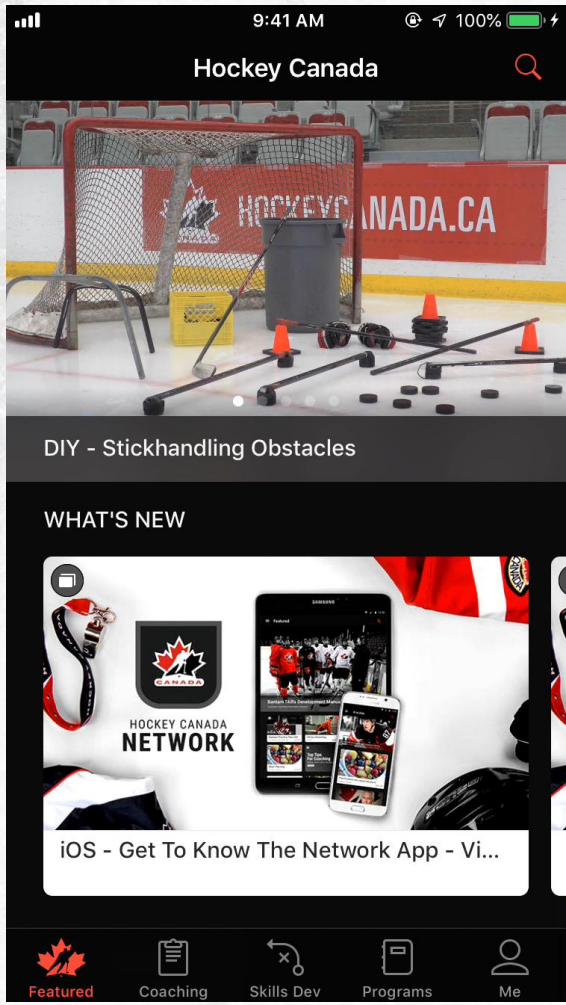
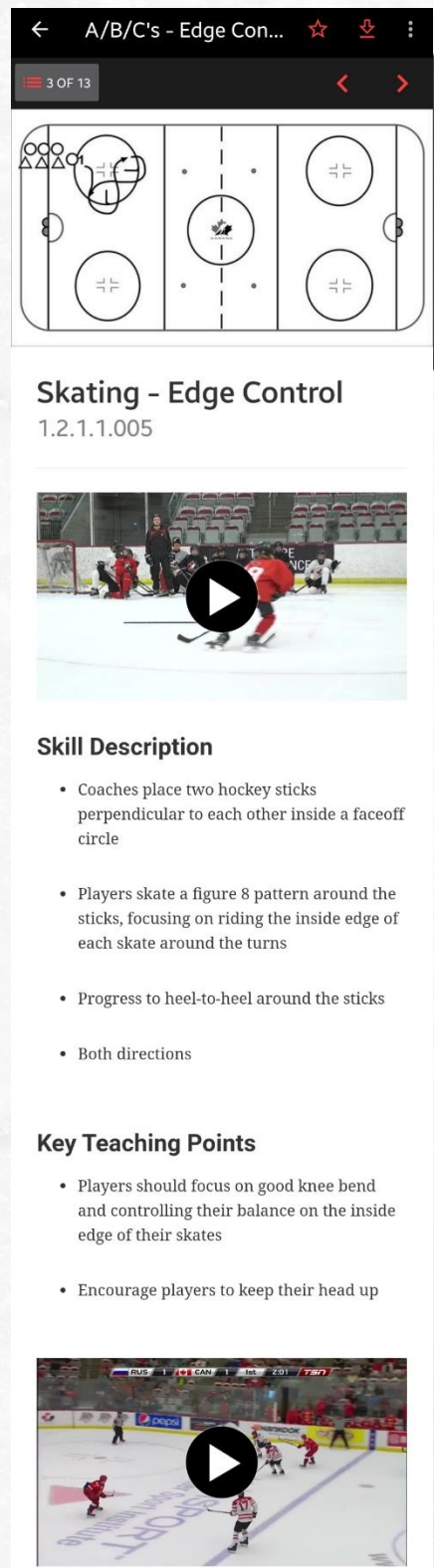
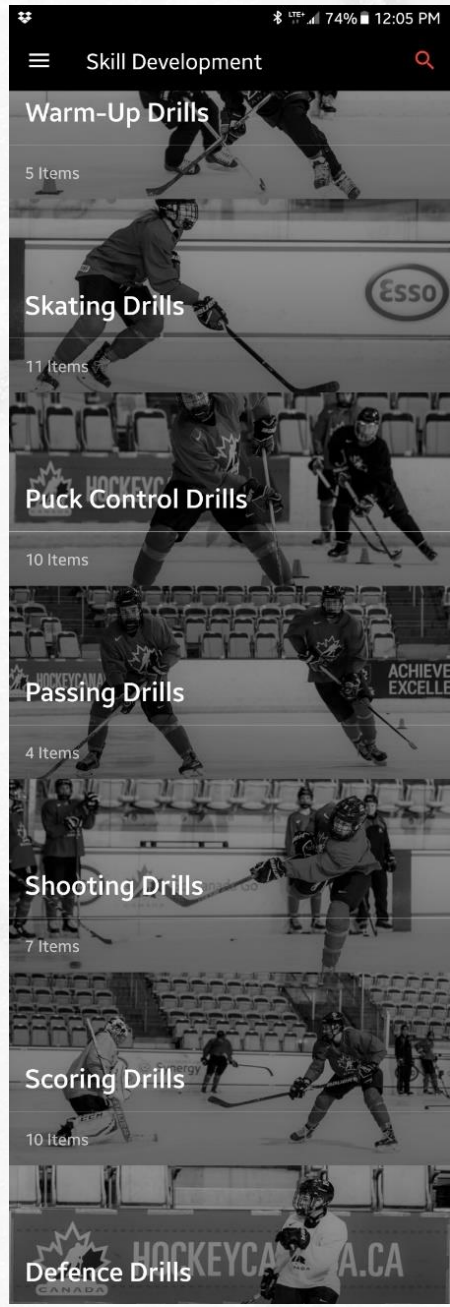
U13 Drills



- ❖ The **U13** Section within the Skill Development Page has drills for U13 aged players, including Skating, Puck Control, Shooting & Scoring, and Defence. Small Area Games and Goaltending Drills for U13 players are also included in this section.

U15 / U18 Drills

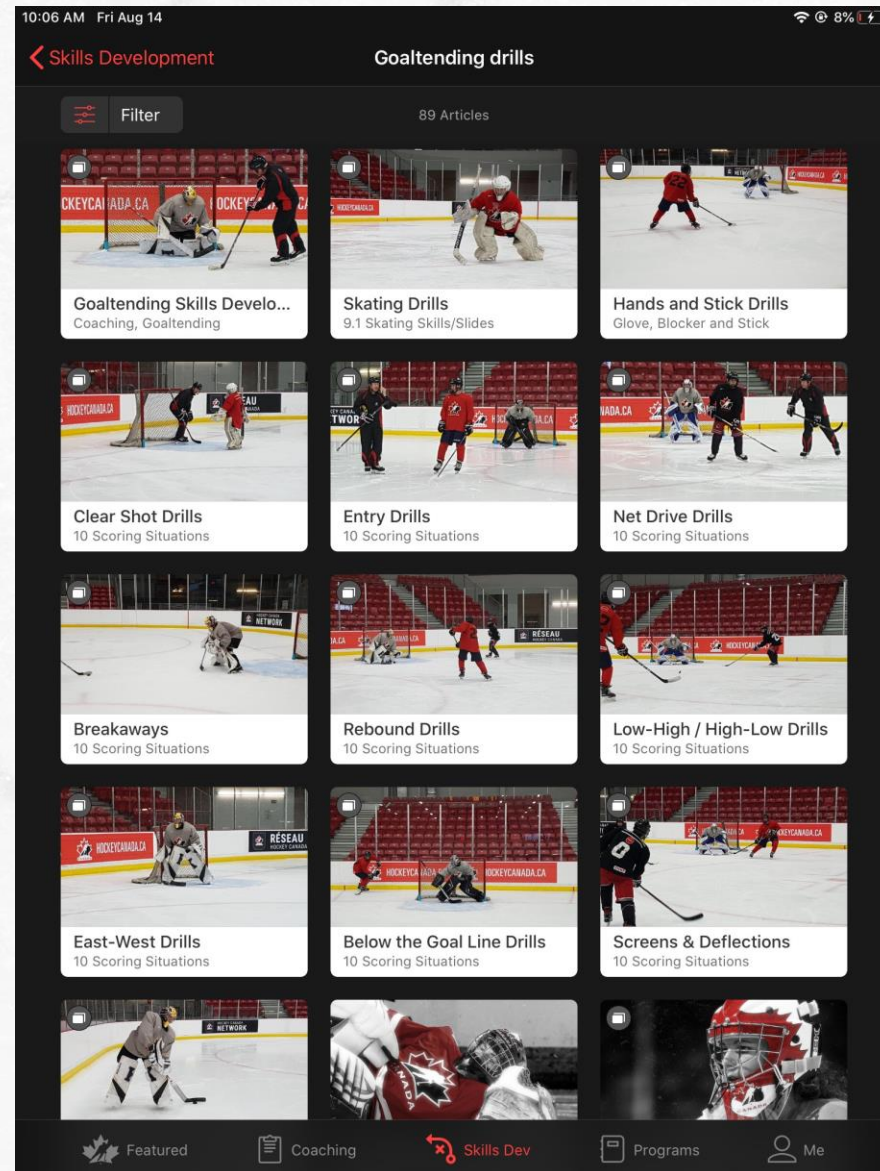
- ❖ Search and Filter through 1000's of **Drills**, organized into Specific Skills and ordered by progression for U15 and U18 aged players.
- ❖ Each drill includes a drill diagram, video demonstration, skill description, key teaching points, and a Team Canada game clip highlighting how each skill is used in a game situation.



PLAY VIDEO

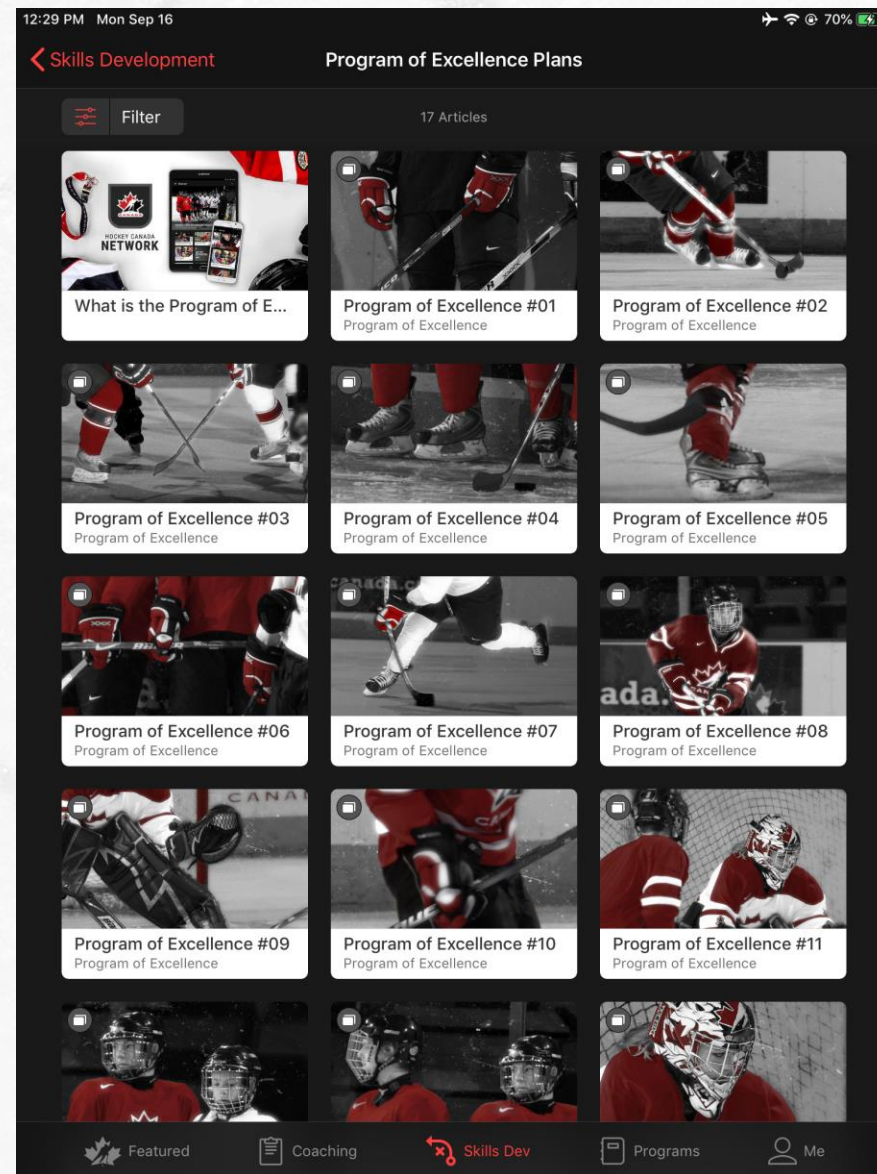


Goaltending



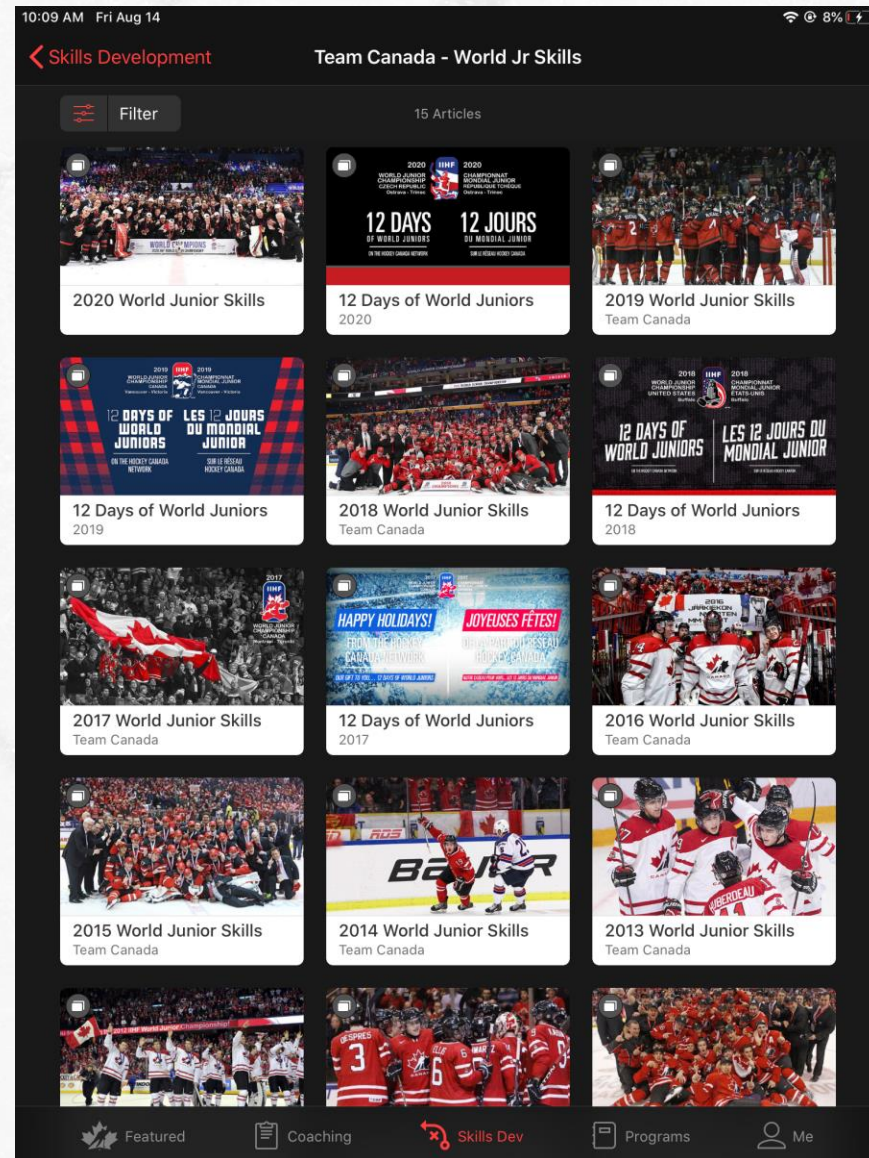
- ❖ Find an entire section dedicated to **Goaltending** within the Skill Development Page. This section includes the Goaltending Pathway, Level 1 and Level 2 drills, and 72 Goaltender specific Lesson Plans.

Program of Excellence



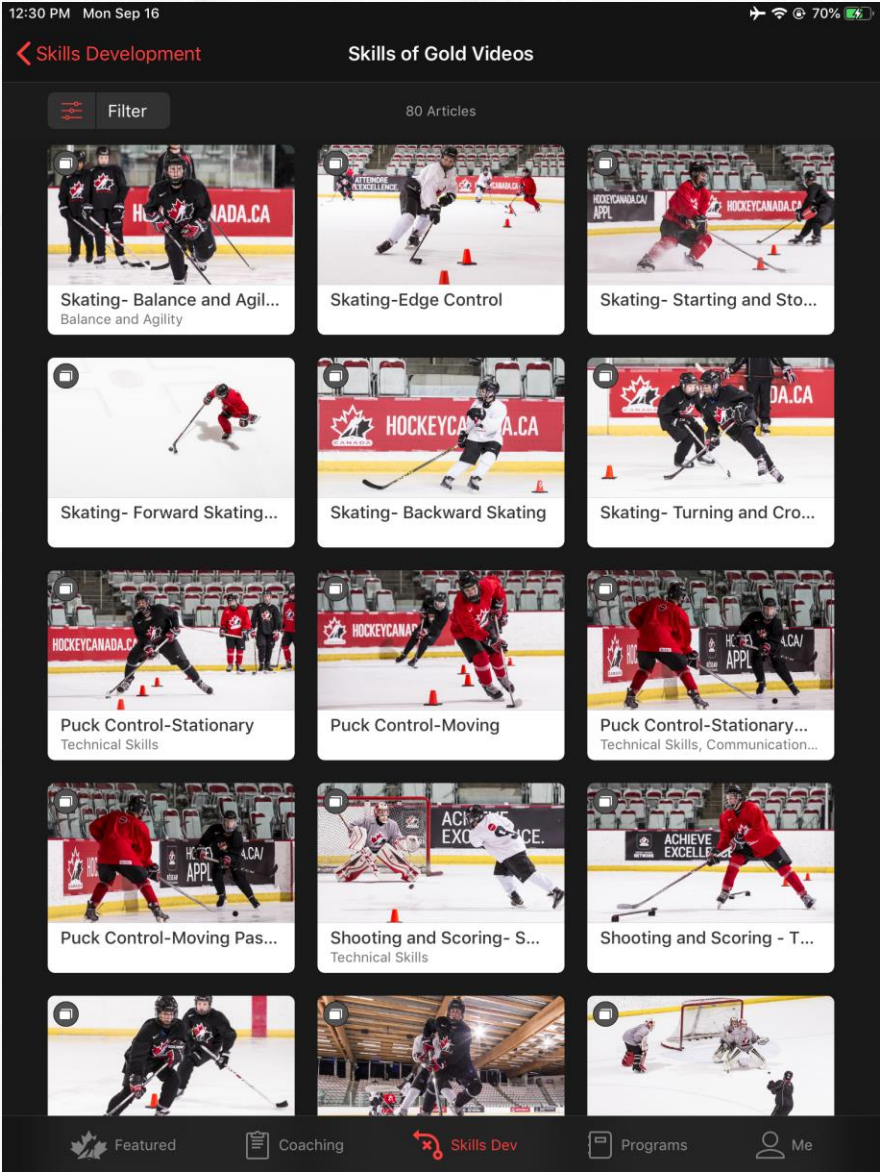
- ❖ The *Program of Excellence* Section within the Skill Development Page includes 15 set practice plans put together by former Team Canada Coaches. Find combinations of skills, tactics, and team play in ready made practice plans in this section.

World Junior Skills



- ❖ The **World Junior Skills** section includes the TSN drills performed by the 2010-2020 World Junior teams. Hockey Canada's Annual 12 Days of World Juniors are also included in this section where a game highlight is paired with a Hockey Canada Network for players to learn how to play like Team Canada.

Skills of Gold



❖ Find the entire *Skills of Gold* DVD Set as a section within the Skill Development page. Over 500 skill videos in progression are included in this section.

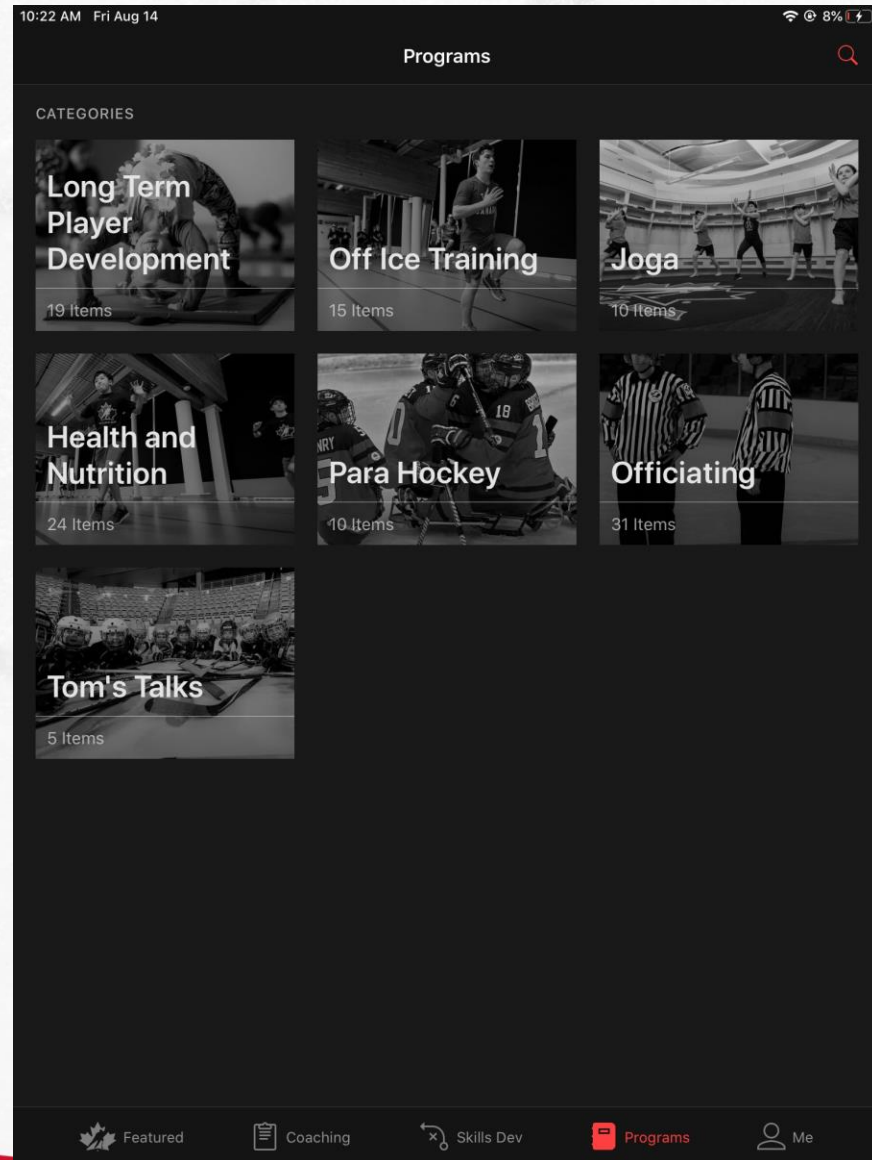


Skill Development Page Task

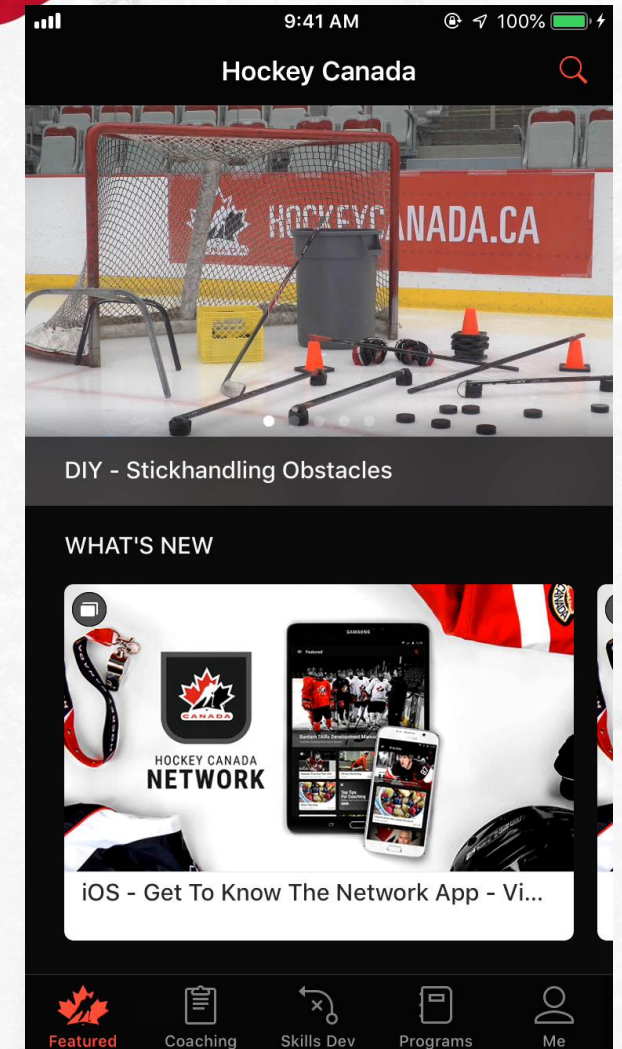
Now that you are familiar with the **Skill Development Section** of the Hockey Canada Network, please complete the following task list:

- ❖ Filter to see only U11 Phase 4 Lessons from the Skills Manuals section.
- ❖ Find the U9 Small Area Games.
- ❖ Review Goaltender Lesson #16.
- ❖ Watch the Coach Demonstration Video – Tight Turns in the Skating Drills section.
- ❖ Find the drill – Puck Control – 4 Pylon Agility.
- ❖ Review the Shooting & Scoring presentation.
- ❖ Find the 2020 12 Days of World Juniors series.

Programs

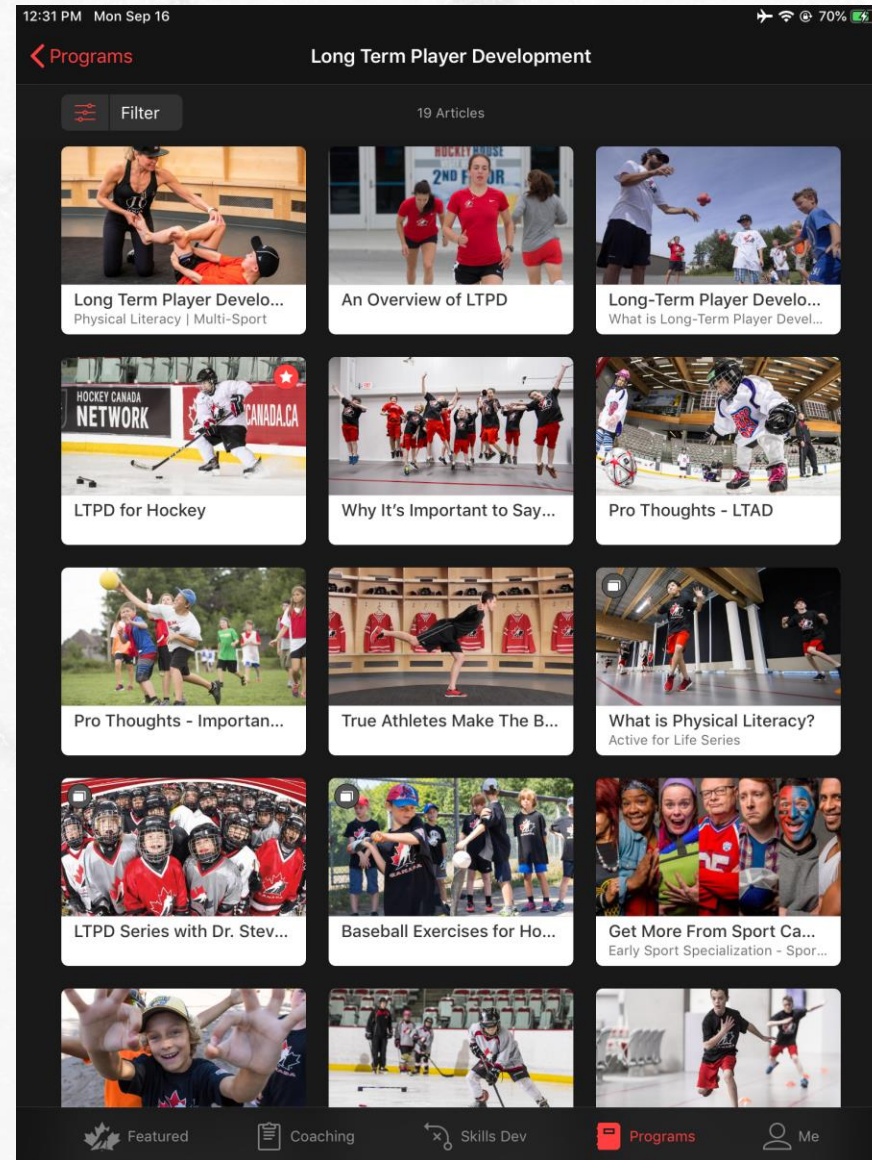


- ❖ Browse through the **Programs** Page for regularly updated resources for Players, Parents, and Coaches. This page includes everything from Health & Nutrition to Para Hockey to Off Ice Training and more!



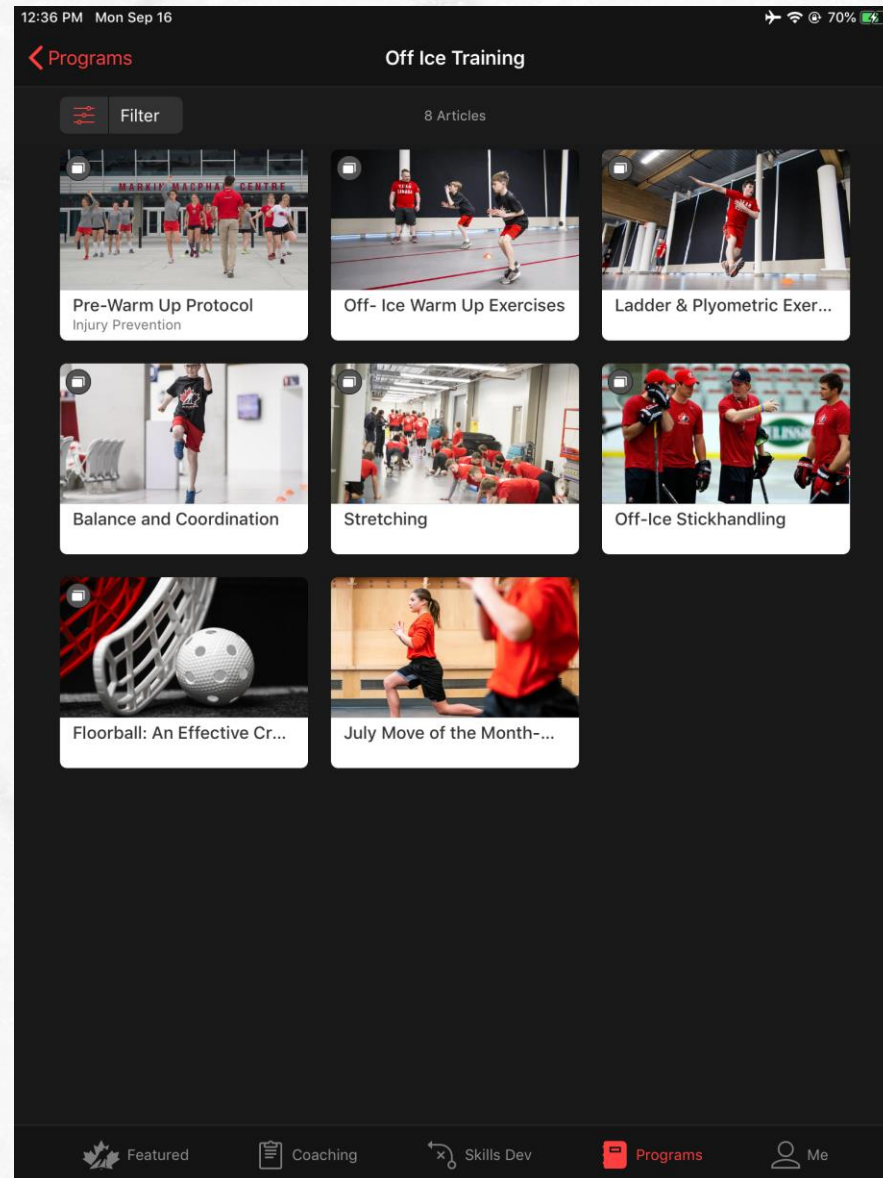
PLAY VIDEO

Long-Term Player Development



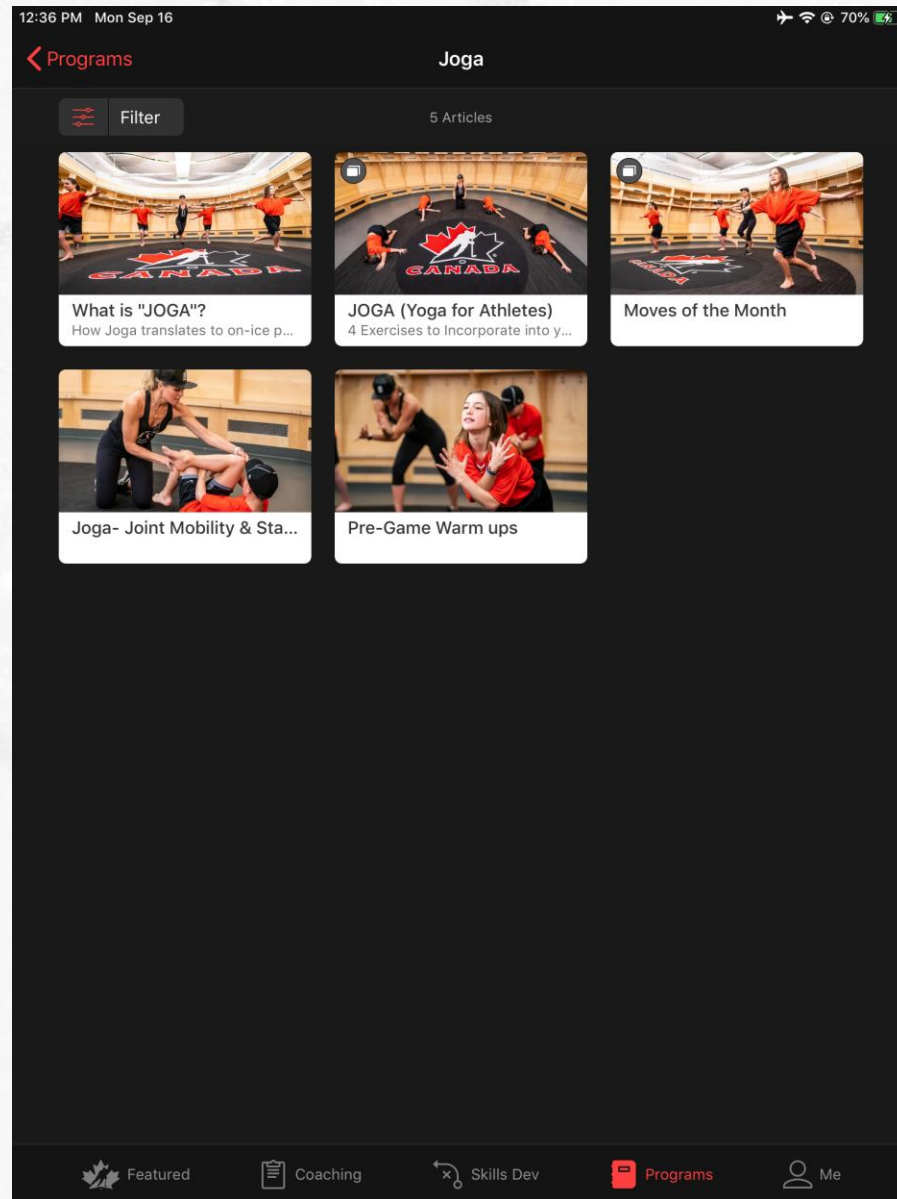
- ❖ The ***Long-Term Player Development (LTPD)*** section can be found in the Programs page. This valuable section contains the LTPD specific to Hockey Players, the importance of multi-sport, and overall information on player development.

Off Ice Training



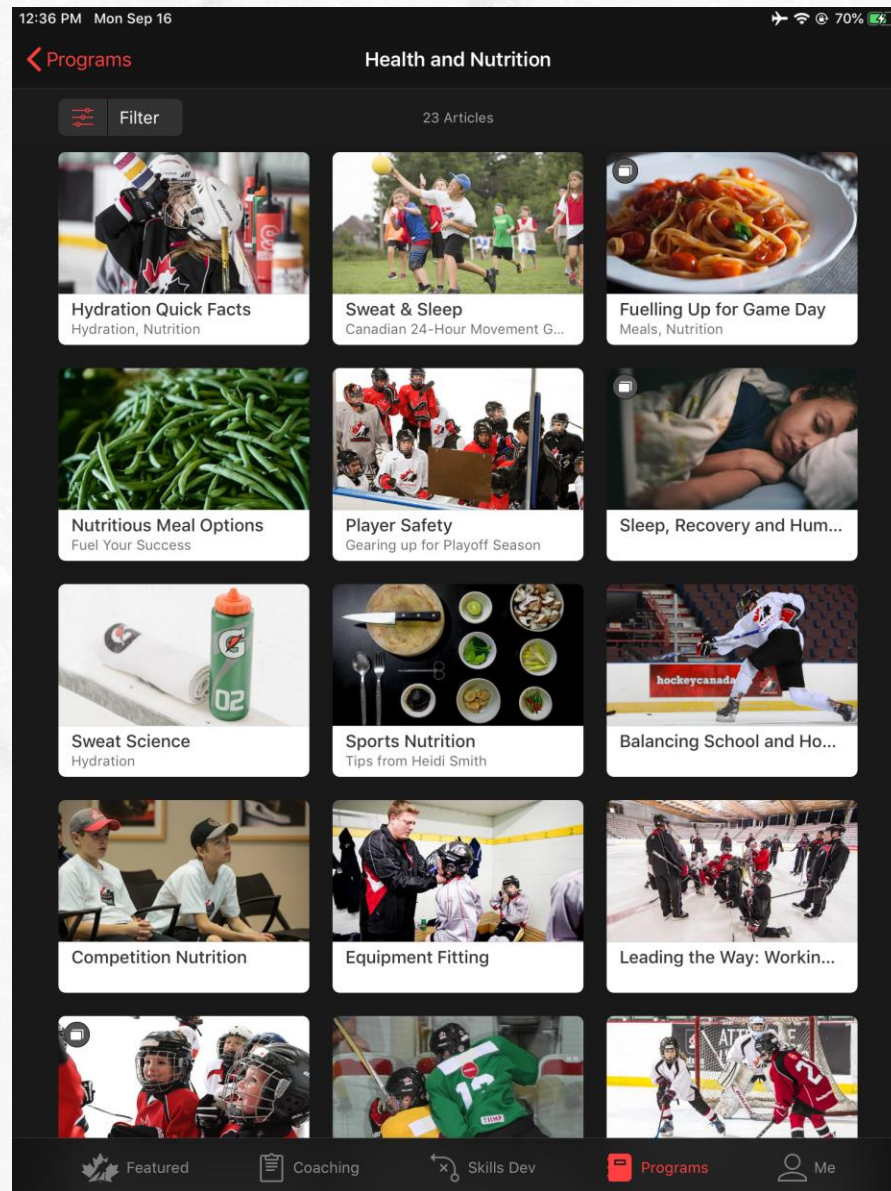
❖ Visit the *Off Ice Training* section from the Programs page for off ice warm ups, plyometrics, balance and coordination drills, and cool down exercises, all specific to hockey players.

JOGA



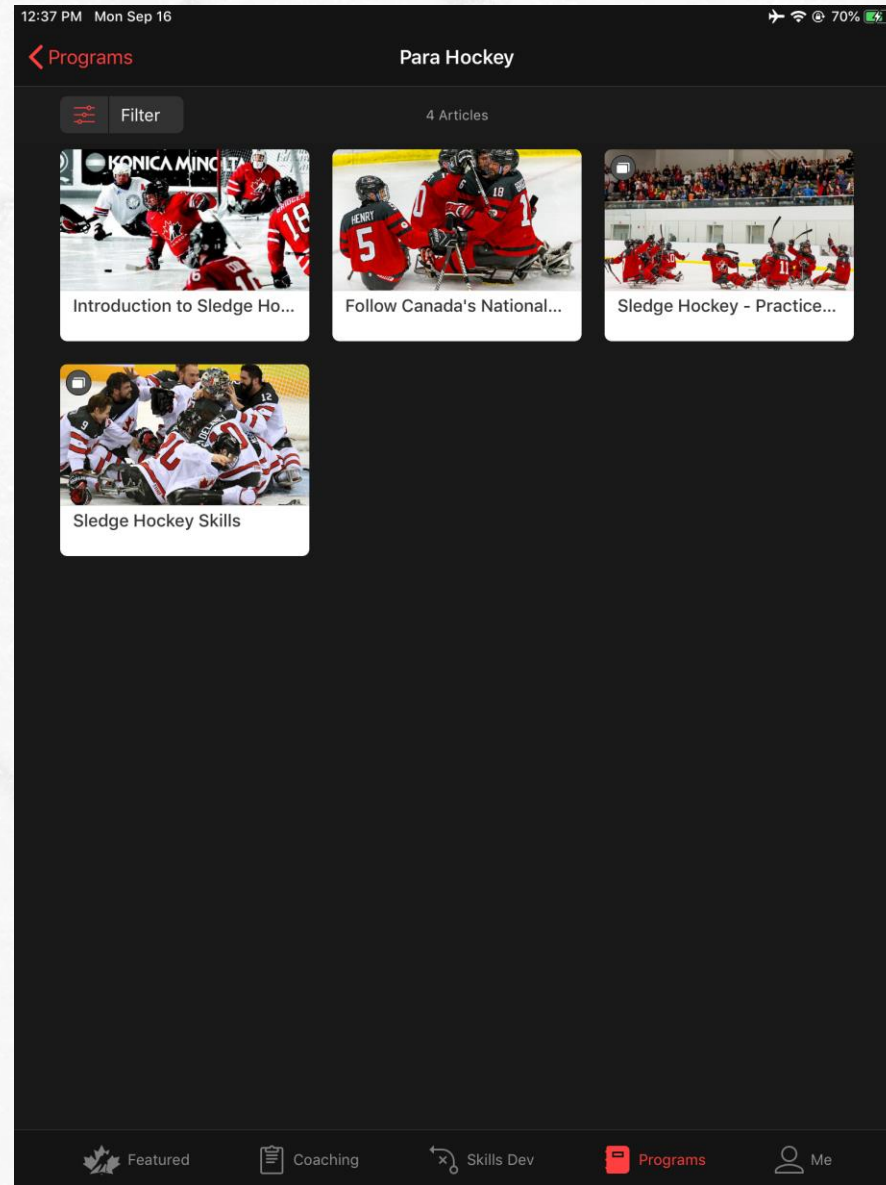
- ❖ ***JOGA is a movement system made up of the benefits of yoga combined with the biomechanics of sport.***
- ❖ An entire section dedicated to JOGA can be found in the Programs page and includes Moves of the Month that apply Joga to techniques used by hockey players as well as warm up, mobility, core strengthening, and cool down sequences.

Health and Nutrition



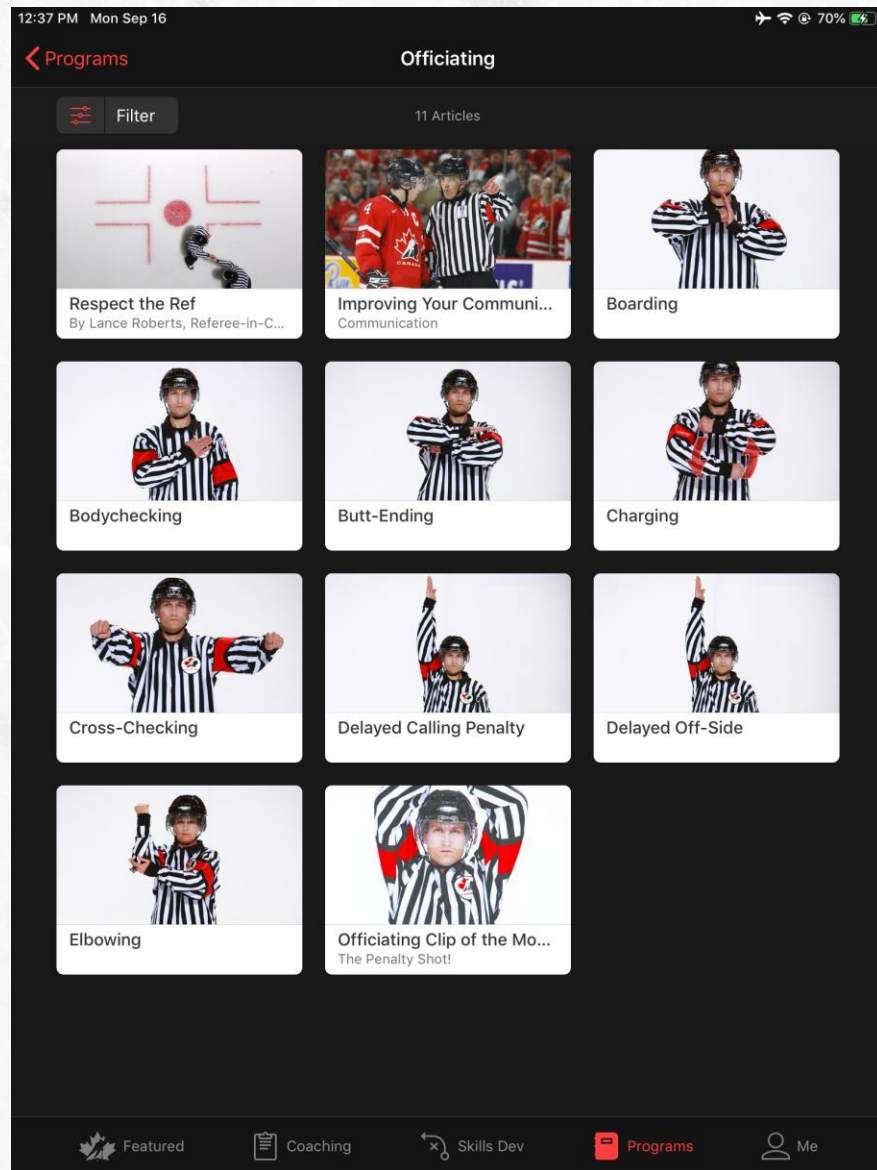
- ❖ The **Health and Nutrition** section is found within the Programs page. This section is an excellent resource for players, parents, and coaches and includes articles on optimizing performance through hydration, nutrition, sleep, as well as important safety information.

Para Hockey



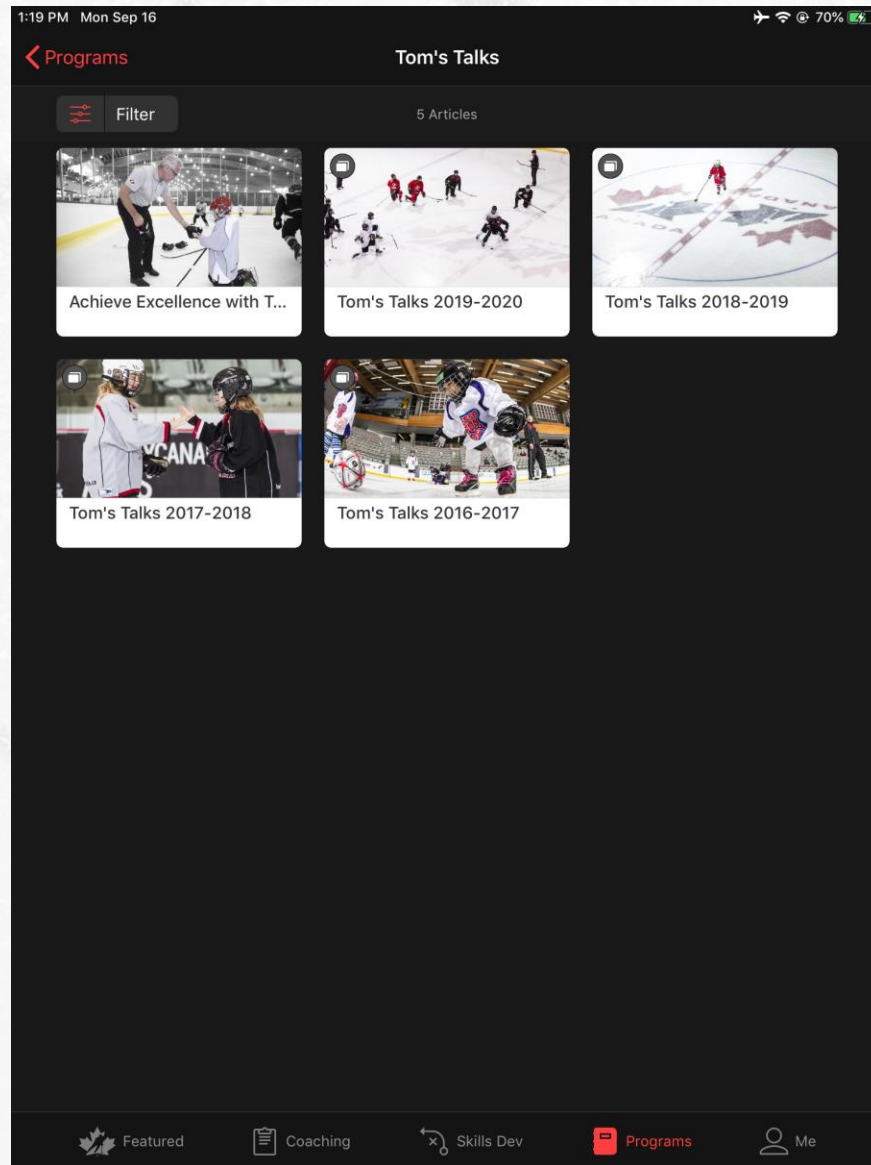
- ❖ Visit the *Para Hockey* section from the Programs page to learn about the history of Sledge Hockey, find practice plans, and watch videos of the basic skills that all new players should learn, demonstrated by Team Canada.

Officiating



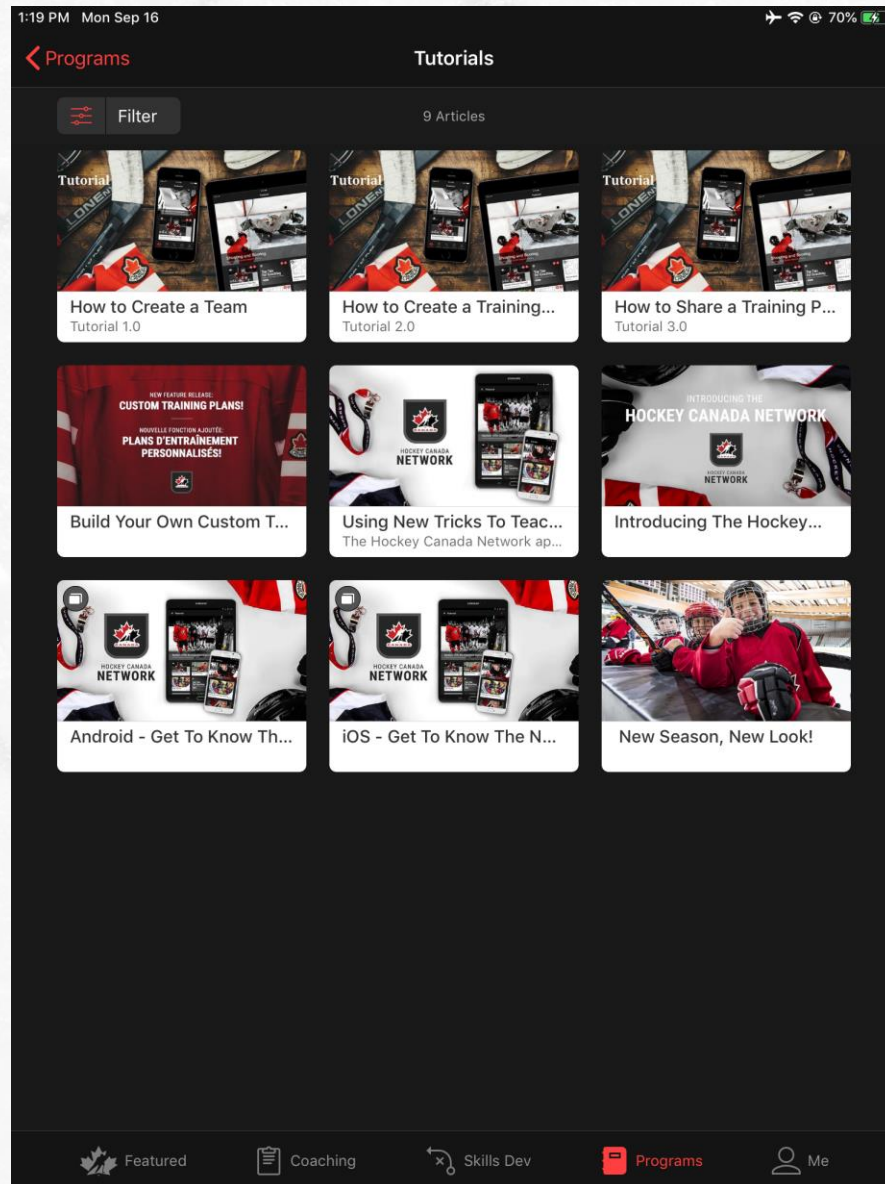
- ❖ Find the *Officiating* section on the Programs page which includes communication tips and rule and signal demonstrations.

Tom's Talks



- ❖ The **Tom's Talks** section within the Programs page includes monthly video messages from Hockey Canada CEO, Tom Renney. The videos focus on the importance of creating positive and inclusive hockey experiences for all Canadians.

Tutorials



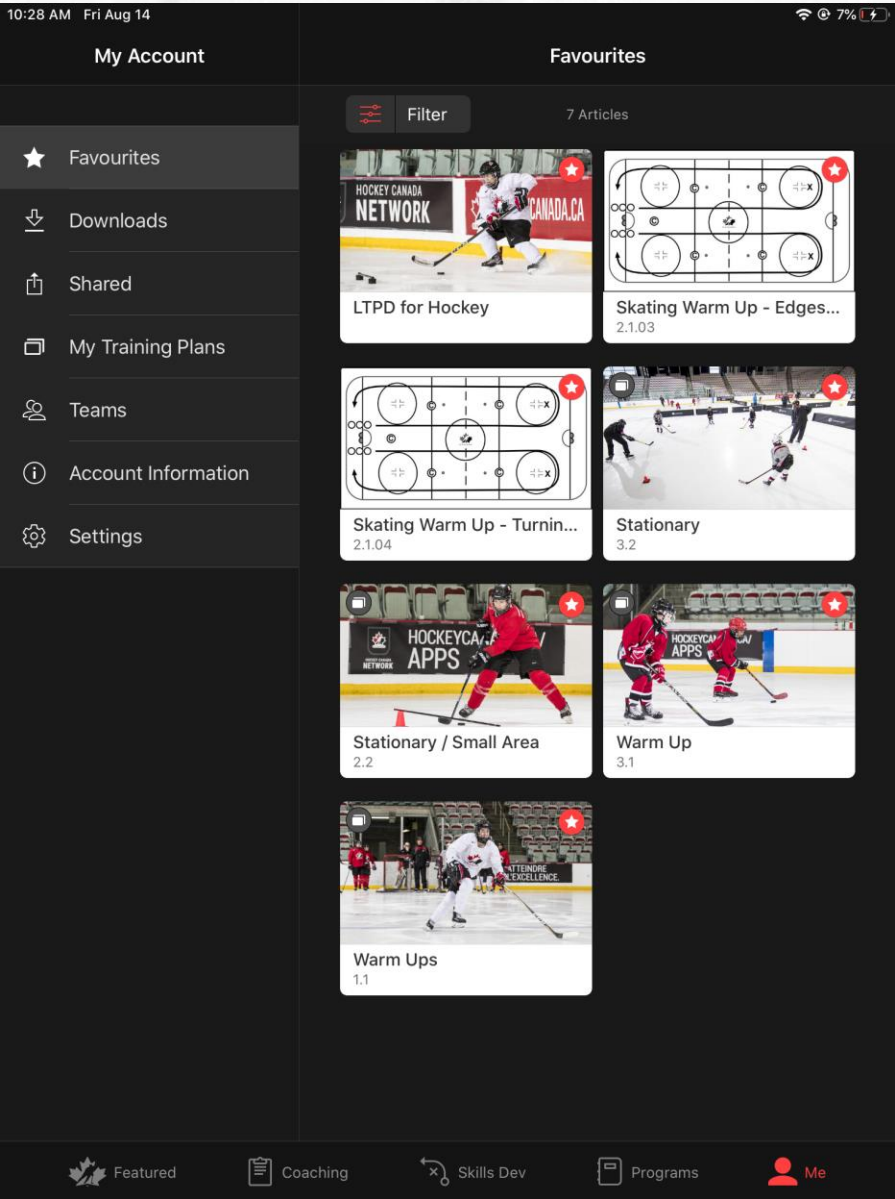
- ❖ Looking for even more information on the Hockey Canada Network? The **Tutorials** section within the Programs page has video tutorials on every feature and function of the app. All tutorial videos can also be found on the Hockey Canada's YouTube channel.

Programs Page Task

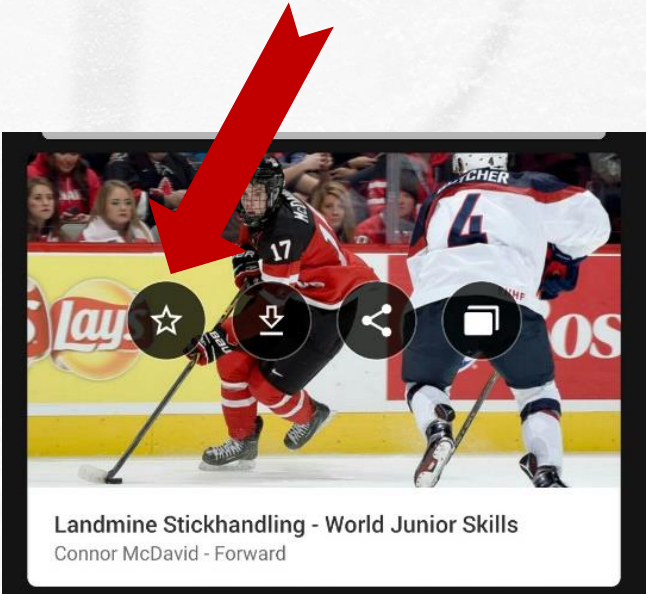
Now that you are familiar with the **Programs Section** of the Hockey Canada Network, please complete the following task list:

- ❖ Review the LTPD for Hockey resource.
- ❖ Watch a Joga Move of the Month.
- ❖ Read one of the Lessons from Behind the Glass articles by Allyson Tufts, found in the Health & Nutrition section.
- ❖ Watch one of the Tom's Talks videos from the current season.

Favourites



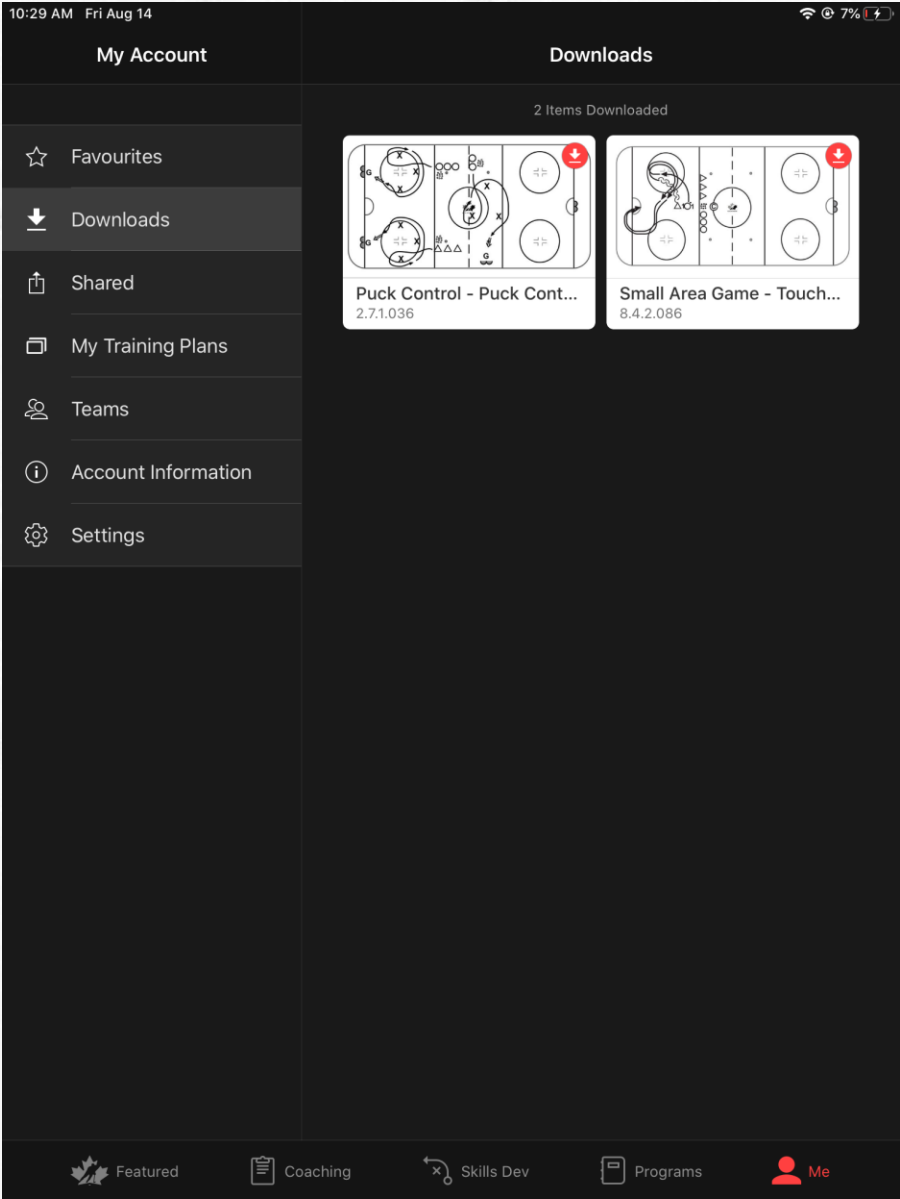
❖ Hold down on a tile and select the ***Favorites*** (star) icon to save the article / drill / video to your favorites folder. The folder can be found in the main menu.



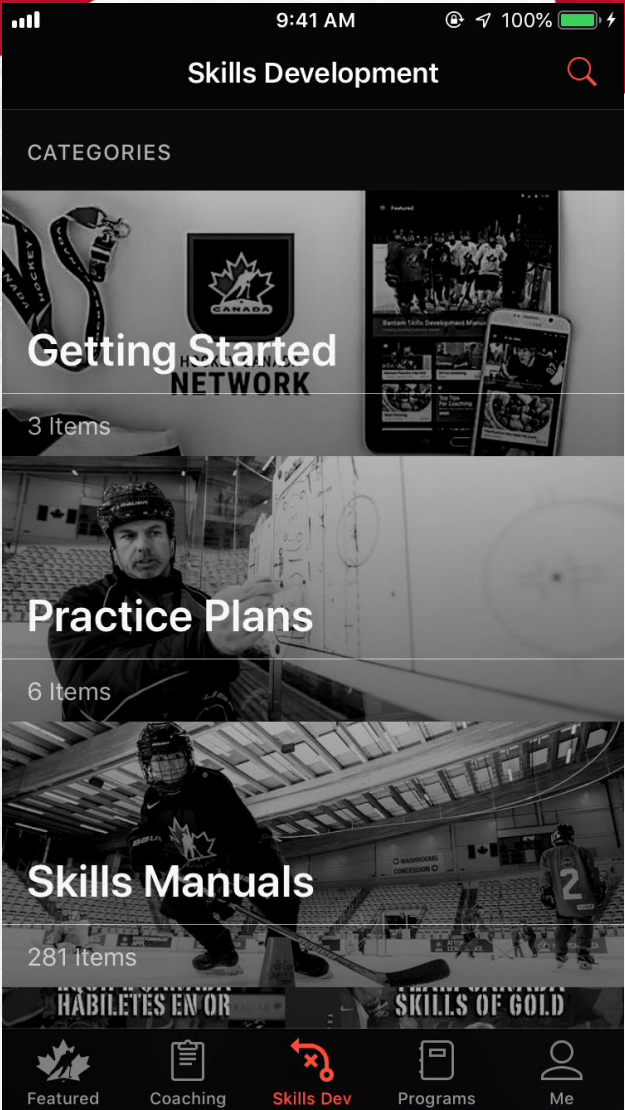
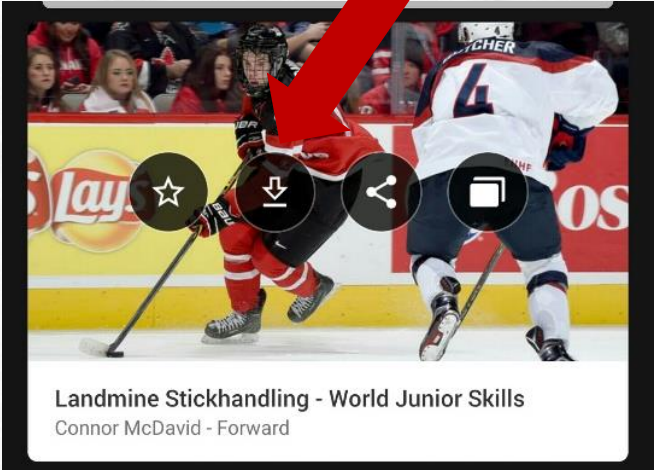
PLAY VIDEO



Downloads



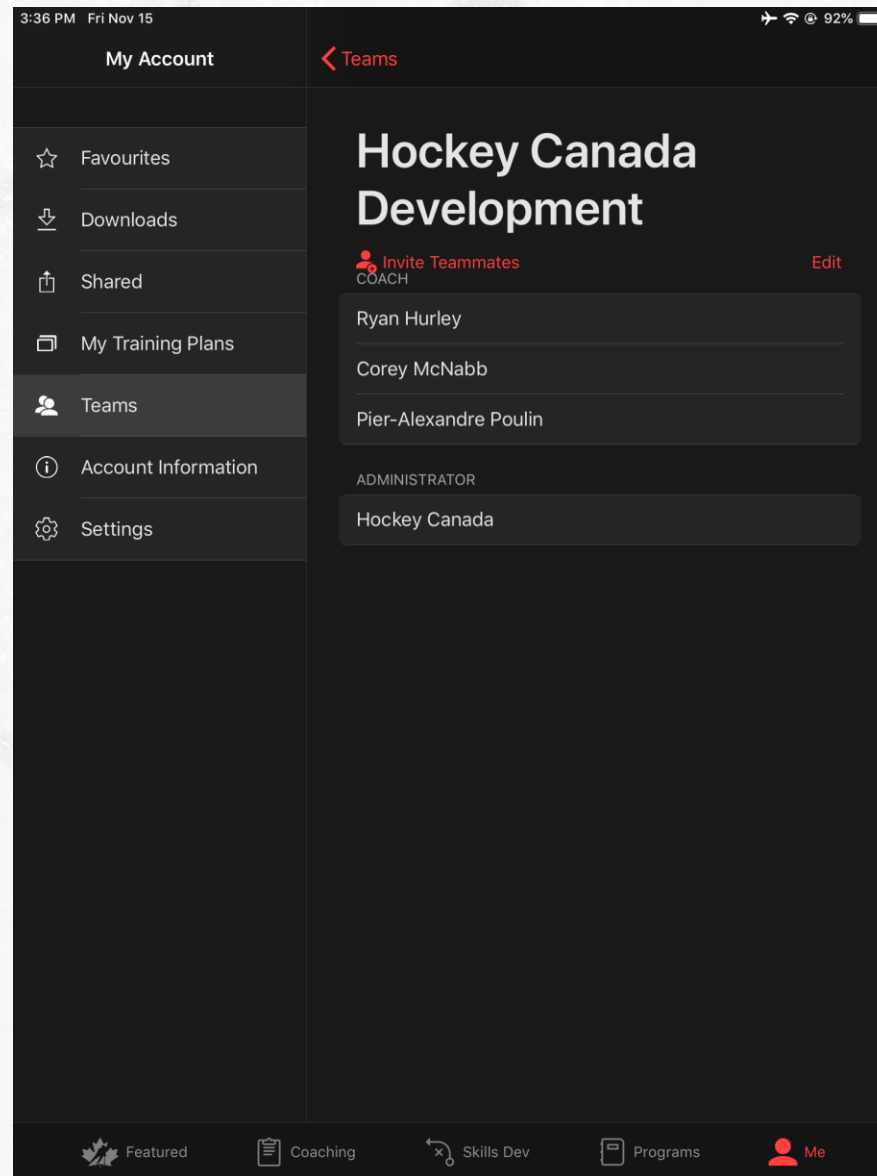
❖ Hold down on a tile and select the **Downloads** (arrow) icon to save the article / drill / video to your device for use without Wi-Fi or cellular data.



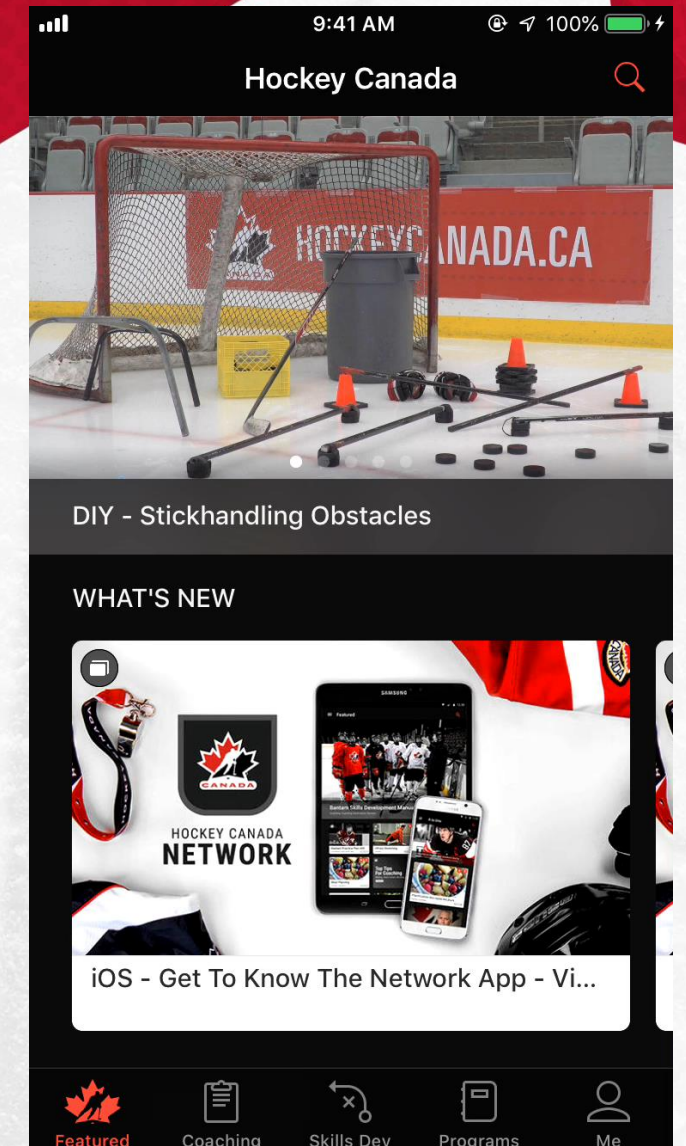
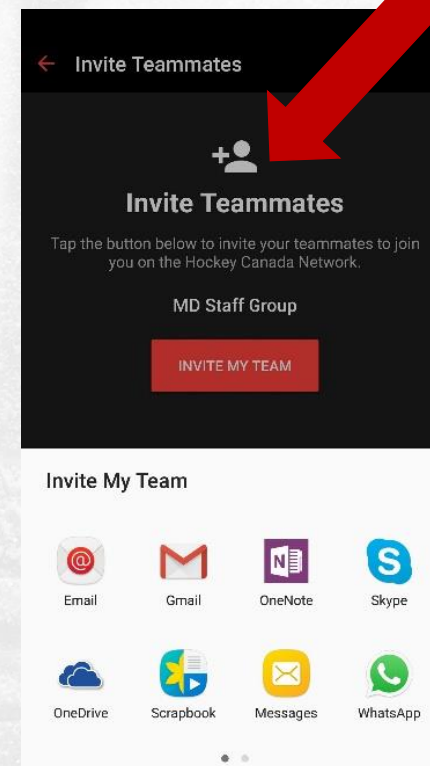
PLAY VIDEO



Teams



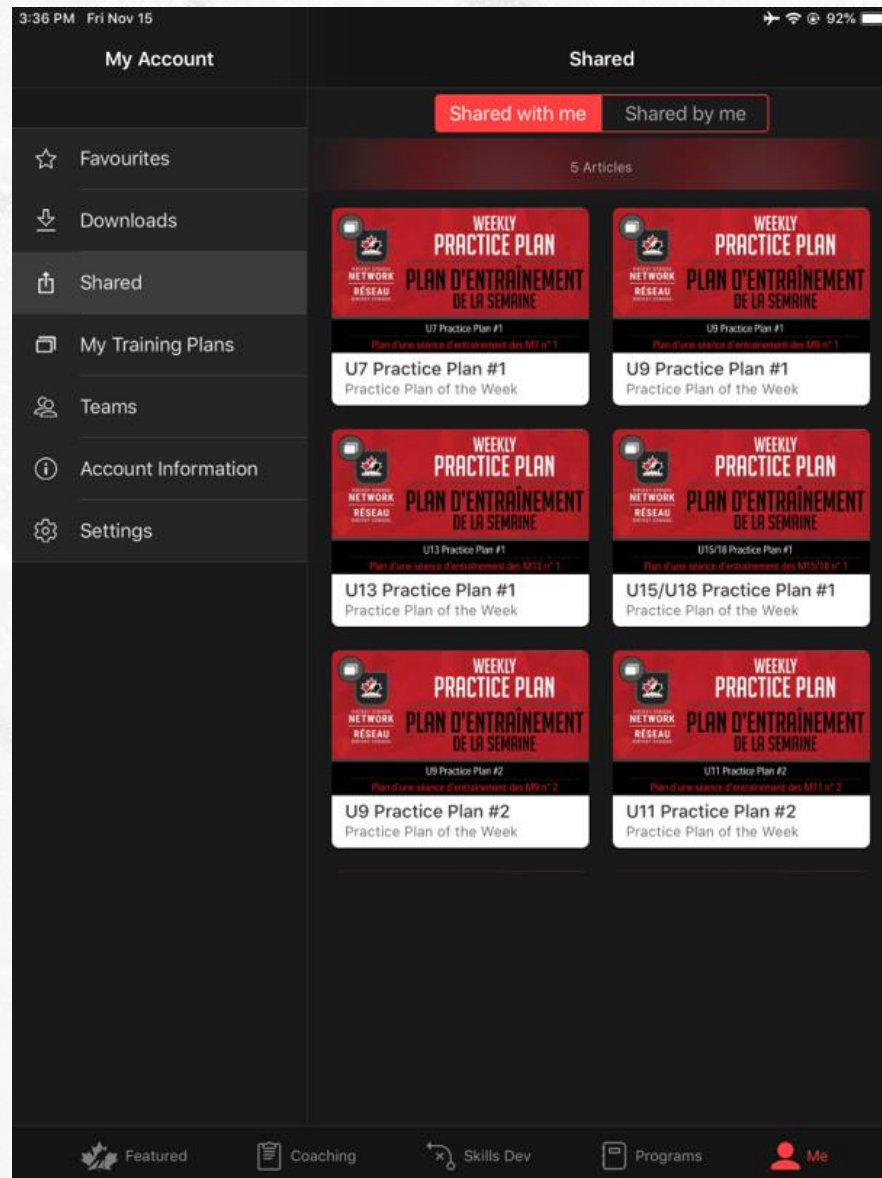
- ❖ Select Teams from the Main Menu to create or view an already created Team. Select the red boxes from the top right corner to create a Team. Invite team members to join your Team by sharing a custom link.



PLAY VIDEO

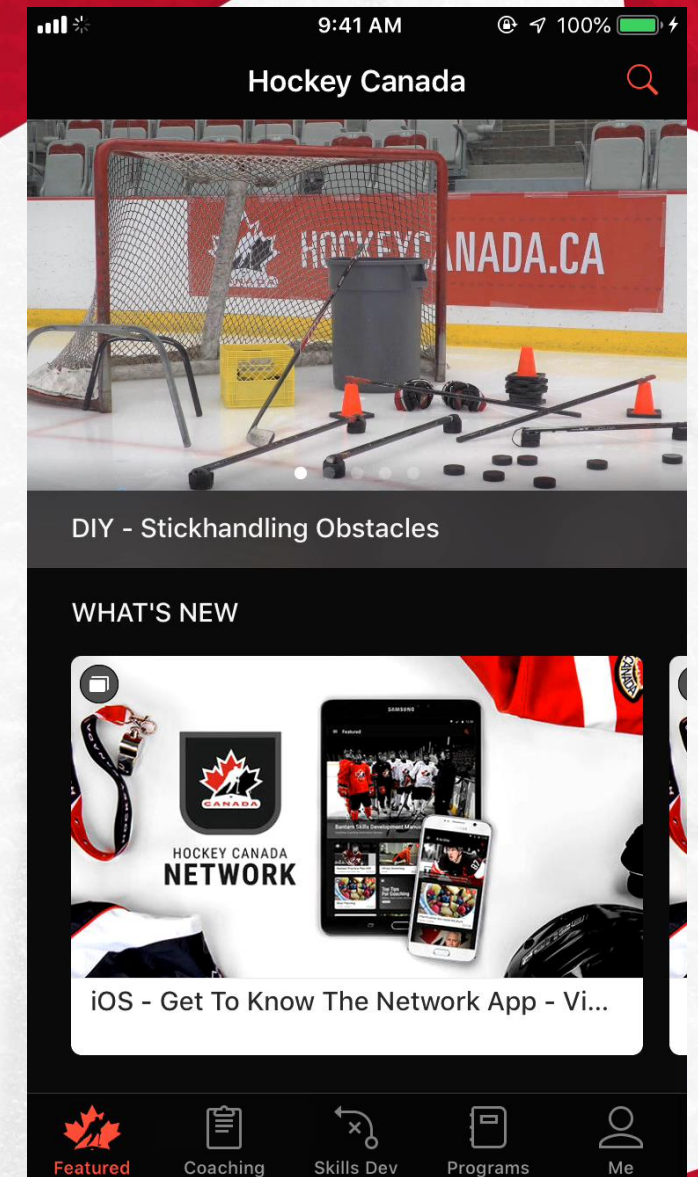


Sharing



- ❖ The **Shared with Me** folder can be found in the Main Menu and is where any training plans / articles / drills / or videos that other users have shared with you are stored. Shared items are accessible for 14 days but can be downloaded for extended access.

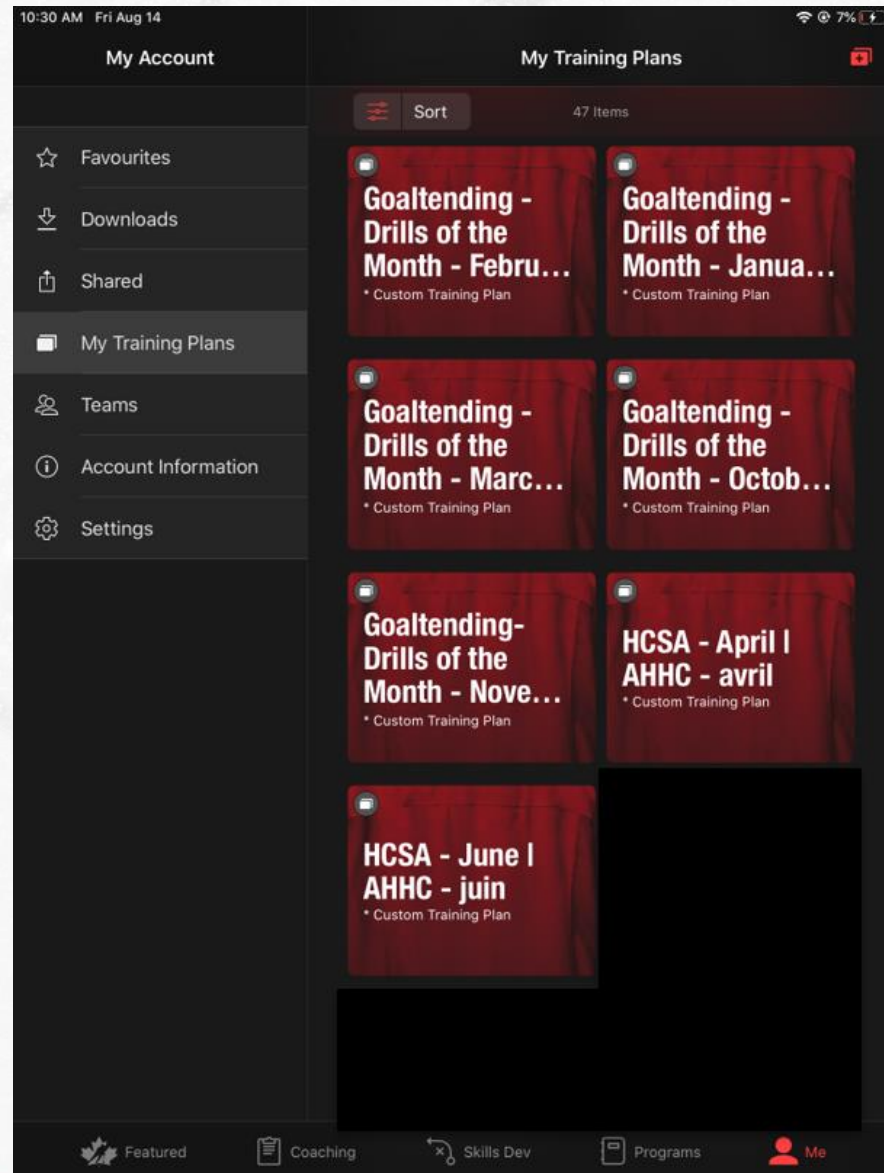
- ❖ Hold down on a tile and select the **Share** icon to share the article, drill or video with one of your Teams.



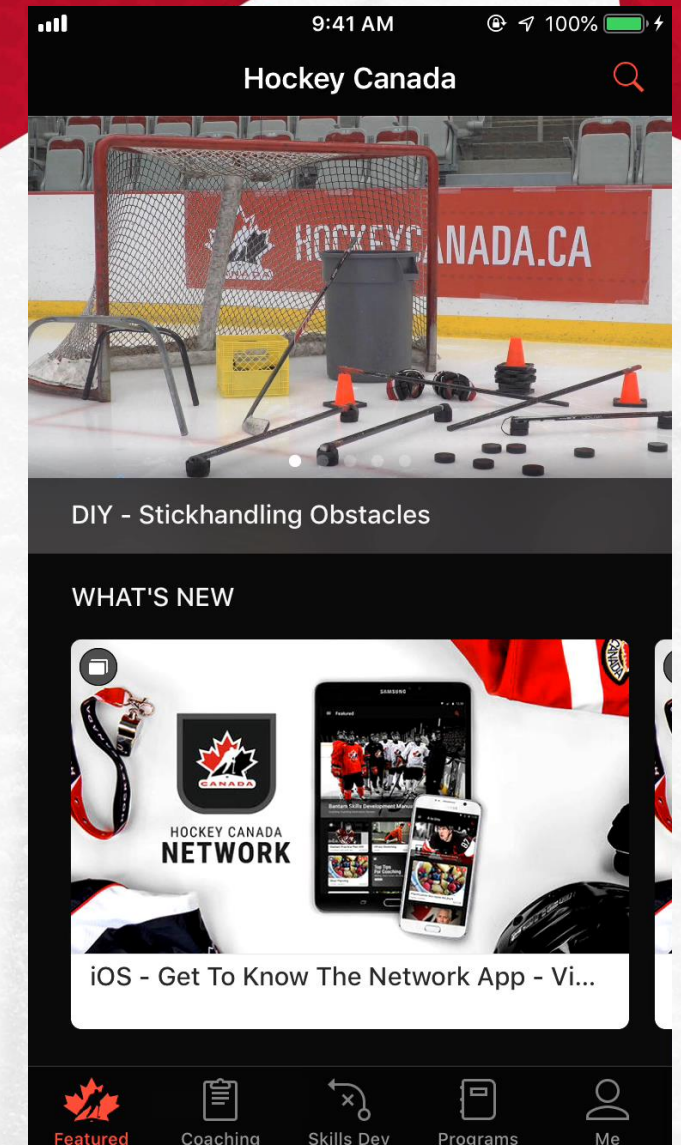
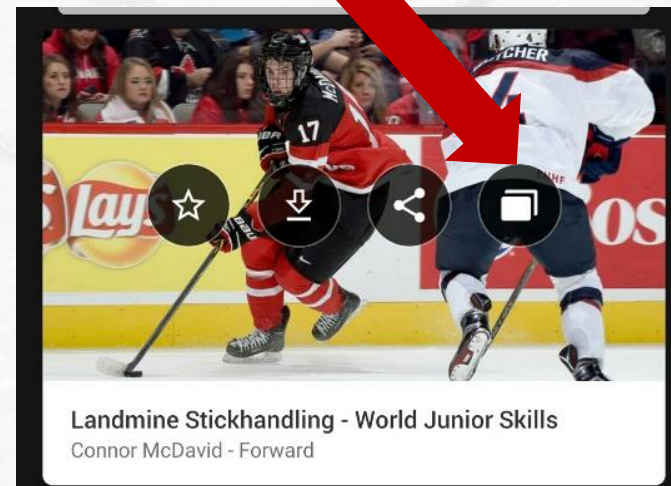
PLAY VIDEO



Training Plans



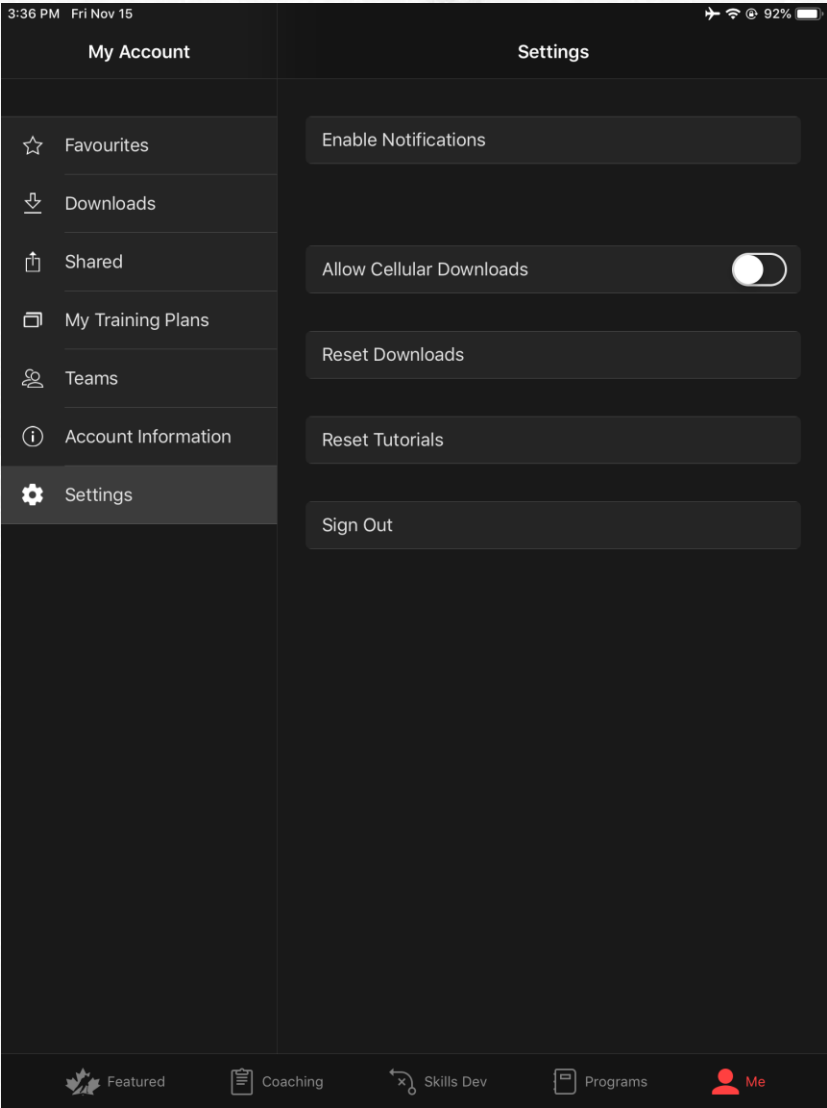
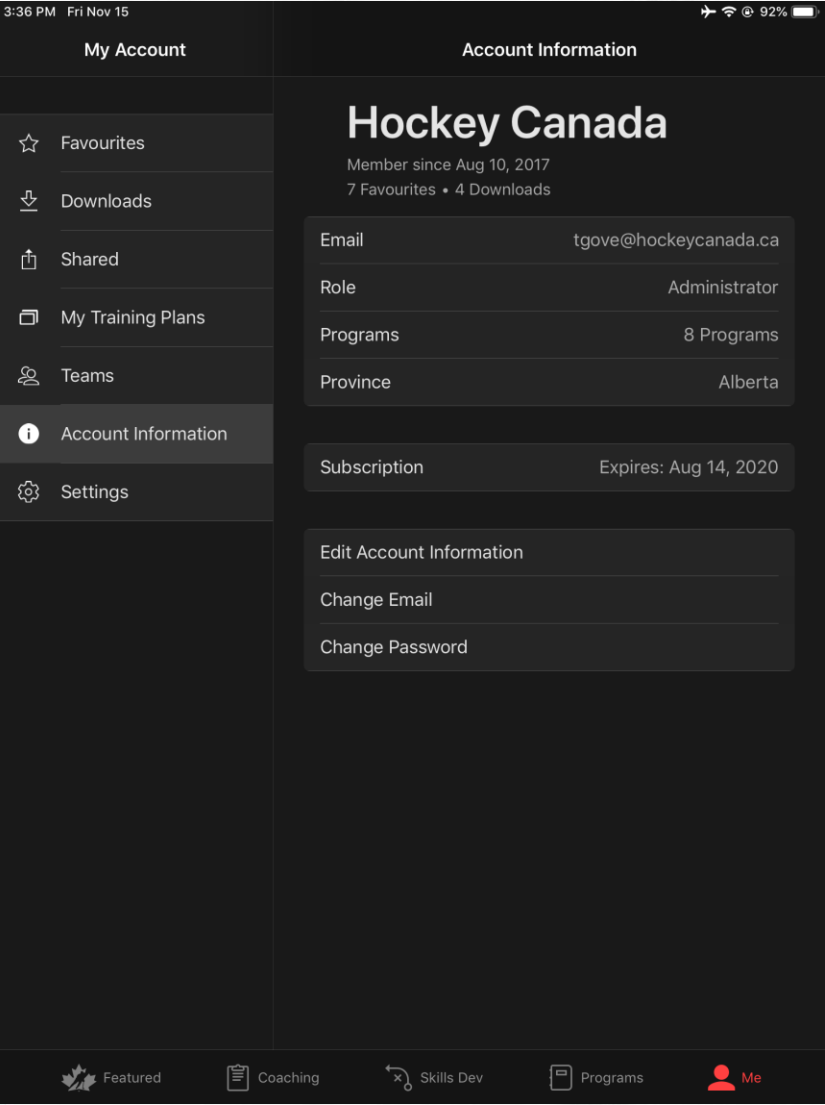
- ❖ Hold down on a tile and select the **Training Plan** (boxes) icon to add the article / drill / video to an existing Training Plan. Training Plans can be created, edited, and shared from the folder in the Main Menu.



PLAY VIDEO



Account Settings



❖ Find **Account Information** and **Settings** in the Main Menu. This is where account settings can be modified, notifications and downloads can be allowed, and the preferred language can be selected.



Final Task

Now that you are familiar with the many features and functions of the Hockey Canada Network, please complete the following task list:

- ❖ Favourite the Fun & Games manual, found in the U7 Drills section.
- ❖ Download the drill – Skating – 5 Puck Agility.
- ❖ Create a Team called “Hockey Canada Network Test Team”.
- ❖ Create a Training Plan called “Hockey Canada Network Test Team”.
- ❖ Add a Warm Up, Skating, Puck Control, and Small Area Game drill to your Training Plan.
- ❖ Add 2 friends to your Team and share your Training Plan once they have joined your Team.