

Hockey Canada

High Performance 1  
  
Coach Workbook

Version 1.B, 2023





Contents

[Introduction 1](#_Toc135125693)

[Purpose of this Workbook 1](#_Toc135125694)

[NCCP Core Competencies 1](#_Toc135125695)

[Learning Outcomes 1](#_Toc135125696)

[Virtual Modules – Mental Preparation 2](#_Toc135125697)

[Virtual Modules –Physical Preparation 4](#_Toc135125698)

[Virtual Modules – Team Building 6](#_Toc135125699)

[Virtual Modules – Skill Assessment 8](#_Toc135125700)

[Virtual Modules – Leadership in Coaching 10](#_Toc135125701)

[Virtual Modules – Game and Bench Management 12](#_Toc135125702)

[In Person Modules – Performance Planning 14](#_Toc135125703)

[In Person Modules – Teaching Techniques in Coaching 17](#_Toc135125704)

[In Person Modules – Offensive Team Play 19](#_Toc135125705)

[In Person Modules – Defensive Team Play 21](#_Toc135125706)

[In Person Modules – Power Play 23](#_Toc135125707)

[In Person Modules – Penalty Kill 25](#_Toc135125708)

[Recorded Modules – Effective Use of Technology 27](#_Toc135125709)

[Recorded Modules – Player Evaluation and Selection 29](#_Toc135125710)

[Recorded Modules – Skating 31](#_Toc135125711)

[Recorded Modules – Skills 33](#_Toc135125712)

[Recorded Modules – Shooting and Scoring 35](#_Toc135125713)

[Recorded Modules – Developing Defencemen 37](#_Toc135125714)

[Recorded Modules – Goaltending 39](#_Toc135125715)

[Recorded Modules – Make Hockey Safe 41](#_Toc135125716)

[Recorded Modules – Hockey Canada Network App 45](#_Toc135125717)

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Acknowledgements

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Introduction

Purpose of this Workbook

This Coach Workbook is your record of what you did and what you learned during each workshop. The Coach Workbook has been designed to help you work on your own, after the workshop, to improve even more as a coach.

We recommend that you save your Workbook and consult it regularly to ensure continuous improvement of your coaching skills.

NCCP Core Competencies

As you progress through these workshops, you will work on developing five core competencies that will help you become a more effective coach and have a more meaningful impact on athletes’ experience. The competencies are problem-solving, valuing, critical thinking, leading, and interacting.

You develop the NCCP core competencies by working through all the learning activities in the workshop. Doing this underlines the importance of all the competencies and ensures that you grasp your role as a coach in advanced skill analysis.

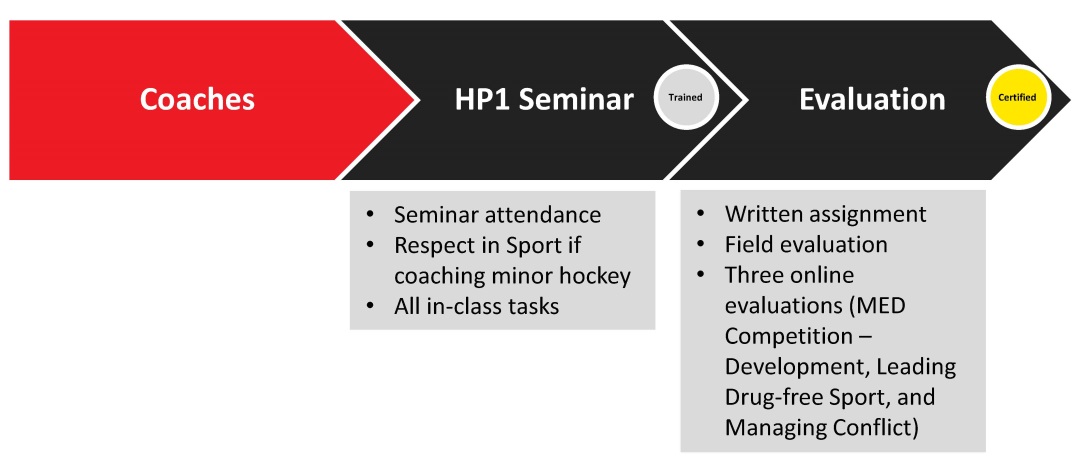
Here’s how the competencies come into play:

|  |  |
| --- | --- |
| In this workshop, this competency… | Is about... |
| Problem-solving | Finding a solution to a complex situation |
| Valuing | Appreciating the hierarchy of values in a moral dilemma |
| Critical Thinking | Evaluate options for decision or action |
| Leading | Make decisions that influence others |
| Interacting | Exchange ideas and interact with other coaches |

See Appendix A for a listing of the competencies associated with this and six other HP1 modules (Ethics and Leadership in Coaching, Teaching and Leading Techniques, Physical Preparation, Planning to Perform, Mental Preparation, and Advanced Skill Analysis).

Learning Outcomes

To become certified in the HP1 context, you must follow the steps in the Pathway for Coach Certification shown below. As the Pathway shows, you must be evaluated, and you must provide evidence in the evaluation that you meet certain criteria. The evidence you must provide is stated in the form of *learning* *outcomes*.



Virtual Modules – Mental Preparation

**The learning outcomes for this workshop are as follows:**

* Understand the importance of goal setting
* Understand the concept of mental training
* Understand how the player’s emotions affect performance
* Understand how the player’s focus affects performance
* Deal with distractions in competitive situations

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 – Post Task – Mental Preparation (To be completed after the HPI Seminar)**

Provide the details of your Mental Training Program from the tryout process until the end of the regular season (specific content); timelines; who was responsible to lead / oversee the program; and how you track these).

* Goal Setting
* Emotional Control / Focussing techniques
* Imagery / Visualization
* Self Talk
* Deliberate Practice
* Scheduling – Pre-game / Post-game Messaging

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Mental Preparation**

Virtual Modules –Physical Preparation

**The learning outcomes for this workshop are as follows:**

* Identify obstacles to optimal physical preparation
* Identify methods of optimizing physical preparation
* Identify critical performance factors in hockey
* Describe training methods for critical performance factors in hockey
* Design an effective dynamic warm-up
* State the variables that affect recovery

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task –Physical Preparation (To be completed after the HPI Seminar)**

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. As well, as part of your answer, submit the knowledge check from Pillars of Performance.

**Question Goal:**  An in-season physical preparation program.

**Content:** The question contains an overview of the physical preparation program, a detailed explanation of how each of the points will be developed and practical examples from training, practices or game situations to illustrate. Any relevant templates should be included.

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

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Physical Preparation**

Virtual Modules – Team Building

**The learning outcomes for this workshop are as follows:**

* Understand the stages of group development
* Understand how the stages of group development affect the team’s reaction to the coach and what the coach is trying to teach
* Intervene in situations appropriately, given the team’s stage of development
* Develop team-building methods and strategies

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Team Building (To be completed after the HPI Seminar)**

In terms of ‘team building’ please provide us the following details within a Team Building Plan for the up-coming season.

* Your team values and vision;
* Your keys to successful achievement of your vision and goals;
* A team building ‘**Calendar of Events’** showing all team building activities for the season along with the purpose of each activity.
* Community Project-Charity-Fundraiser

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Team**

**Building**

Virtual Modules – Skill Assessment

**The learning outcomes for this workshop are as follows:**

* State the individual skills needed to perform well in the HP1 program
* Use the three steps in skill analysis to analyze the performance of a skill and choose progressions for developing the skill
* Describe game like drills to improve individual skills and team tactics

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Skill Assessment (To be completed after the HPI Seminar)**

There are several reasons why skill development is important. By continually developing a players skills, they will be able to execute plays and strategies more effectively during games.

* Select a game clip from your team or an NHL / CHL / Women’s game (maximum one minute in length)
* Identify all of the Individual Skills and Individual Tactics (Offensive and/or Defensive) that occur
* Using a practice/drill design template, diagram and describe six (6) individual drills to teach the skills and tactics you identified above (Chain of Events)

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Skill**

**Assessment**

Virtual Modules – Leadership in Coaching

**The learning outcomes for this workshop are as follows:**

* Understanding effective Leadership
* Identify key aspects of developing Leadership
* Identifying key aspects of Team Culture
* Importance of having a leadership group amongst the players

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Teaching and Leadership in Coaching (To be completed after the HPI Seminar)**

**Note – this written assignment question is combined with Teaching Techniques in Coaching**

Throughout the season, coaches will participate in Gold Medal Pathway (GMP) webinars, delivered by Hockey Canada’s Hockey Operations department. Each coach will attend the “Welcome” call plus four (4) webinars. **Details will be provided to coaches by your Provincial Member coaching leads.**

Part A (10 Marks)

* At the conclusion of each webinar, coaches will document a one-page (1) review detailing three (3) key takeaways/learnings and how they would implement these learnings into a team environment, on or off the ice

**A complete answer will be four (4) one-page reviews**

Part B (5 marks)

* Outline your plans for building a positive culture amongst your team and developing a leadership team amongst your players

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Leadership in Coaching**

Virtual Modules – Game and Bench Management

**The learning outcomes for this workshop are as follows:**

* Understand the importance of planning for games
* State the factors in successful bench/game management
* Establish clear roles and responsibilities for bench staff
* During games, communicate clearly with players about bench issues
* Understand the skills and strategies for changing lines, handling special teams, and handling special situations
* Implement strategies to handle team discipline during games

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Game and Bench Management**

There is no post task with this presentation as it is evaluated during the Field Evaluation of a game.

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Game and Bench Management**

In Person Modules – Performance Planning

**The learning outcomes for this workshop are as follows:**

* Develop a process for developing a Yearly Training Plan
* Develop an understanding of micro and meso cycles and how they pertain to performance planning
* Develop an understanding of evaluating your Yearly Training Plan
* Develop an evaluation plan that will monitor progress and makes corrections.

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**Workbook Task**

* Utilize the sample Yearly Training Plan Template to understand the elements that must be filled in for a completed Yearly Training Plan

**HP1 Post Task – Performance Planning (To be completed after the HPI Seminar)**

Utilizing the Yearly Training Plan template (or one of your own), fill in the template with all of the activities that you have planned with your team. In terms of yearly planning, please provide the following details for each applicable period and phase of the yearly training plan.

* Goals and objectives for each month
* Player selection / tryouts
* Practices / Games
* Technical / Tactical / Team Play
* Physical performance
* Mental performance
* Team development

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Performance**

**Planning**





In Person Modules – Teaching Techniques in Coaching

**The learning outcomes for this workshop are as follows:**

* Overview of critical elements of teaching
* Overview of key factors affecting learning
* Introduction of important components of learning including learning styles, transferring information to long term memory, and developing decision making skills
* Understand and apply the four steps in teaching effectively
* Stages and strategies for interest development

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Teaching and Leadership in Coaching (To be completed after the HPI Seminar)**

**Note – this written assignment question is combined with Leadership in Coaching**

Throughout the season, coaches will participate in Gold Medal Pathway (GMP) webinars, delivered by Hockey Canada’s Hockey Operations department. Each coach will attend the “Welcome” call plus four (4) webinars. **Details will be provided to coaches by your Provincial Member coaching leads.**

Part A (10 Marks)

* At the conclusion of each webinar, coaches will document a one-page (1) review detailing three (3) key takeaways/learnings and how they would implement these learnings into a team environment, on or off the ice

**A complete answer will be four (4) one-page reviews**

Part B (5 marks)

* Outline your plans for building a positive culture amongst your team and developing a leadership team amongst your players

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Teaching Techniques in Coaching**

In Person Modules – Offensive Team Play

**The learning outcomes for this workshop are as follows:**

* Develop a plan for Offensive Team Play
* Develop strategies for Breakouts, Regroups, Offensive Zone Play and Activating your defence

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Offensive Team Play (To be completed after the HPI Seminar)**

Outline your plans for Offensive Team Play. Reflect on these 4 concepts: 1) Breakouts 2) Neutral Zone Transition/Regroup 3) Zone Entries 4) Offensive Zone Play. Your answer should include:

* Outline of your plan for Offensive Team Play. Include Offensive Principles of Play - Support, Pressure, Puck Control and Transition in relation to the 4 concepts below
* two (2) drills for Breakouts – 1 for a Defensive Zone faceoff win and 1 for a dump in
* two (2) drills for Transition / Regroups – 1 for a NZ Faceoff and 1 for a NZ turnover resulting in an entry
* two (2) drills for Offensive Zone Play – 1 for an Offensive Zone faceoff win and 1 for changing the point of attack
* one (1) drill for Activating your Defence in the rush on a Zone Entry

**A complete answer will include:**

* your philosophy for offensive team play
* the technical skills required by your players for offensive team play
* the tactical skills required by your players for offensive team play
* **seven (7)** drills / diagrams and **include key teaching points** in preparing your answers

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Offensive Team Play**

In Person Modules – Defensive Team Play

**The learning outcomes for this workshop are as follows:**

* Develop plan for Defensive Team Play
* Develop strategies for Forechecking, Playing the Rush, Tracking and D Zone Coverage
* Understand importance of “Stick on Puck” in defending

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Defensive Team Play (To be completed after the HPI Seminar)**

Outline your plans for defensive team play. Reflect on these 4 concepts: 1) Forechecking 2) Playing the Rush 3) Tracking 4) D Zone Coverage. Your answer should include:

* Outline of your plan for Defensive Team Play - Based on the level you are coaching
* two (2) drills for Forechecking - 1 Skill / 1 Team
* two (2) drills for Playing the Rush - 1 Skill / Team
* two (2) drills for Tracking - 1 Skill / 1 Team
* two (2) drills for D Zone Coverage - 1 Skill / 1 Team
* one (1) drill on angling involving stick on puck in the Neutral zone
* one (1) drill on angling involving stick on puck in the Defensive zone

**A complete answer will include:**

* your defensive team play philosophy
* the technical skills required by your players for defensive team play
* the tactical concepts required by your players for defensive team play
* **ten (10)** drills / diagrams and **include key teaching points** in preparing your answers

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Defensive Team Play**

In Person Modules – Power Play

**The learning outcomes for this workshop are as follows:**

* Appreciate the skills and abilities required for players on the Power Play
* Understand roles and responsibilities
* Develop strategies for Power Play breakouts and entries
* Develop strategies for Power Play faceoffs and set ups
* Develop an effective strategy to evaluate the Power Play

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Power Play (To be completed after the HPI Seminar)**

Outline plans for your power plays for the upcoming season based on the following: Your answer should include:

* Describe the individual technical and tactical skills of the players you utilize on your power plays.
* Describe the roles and responsibilities (and the names for the positions) of the players on the power play.
* Diagram and explain two (2) drills for a Power Play Breakout
* Diagram and explain two (2) drills for Power Play Entries
* Diagram and explain two (2) power play setups in the off. zone and include responsibilities of each player.
* Diagram and explain two face off strategies, one for a win and one for a loss.
* Describe how you plan to evaluate your power play performance

**A complete answer will include:**

* **eight (8)** drills / diagrams including key teaching points in preparing your drills.

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Power Play**

In Person Modules – Penalty Kill

**The learning outcomes for this workshop are as follows:**

* Appreciate the skills and abilities required for players on the Penalty Kill
* Understand PK faceoff and forecheck strategies
* Develop PK strategies to counteract Power Plays
* Develop an effective strategy using statistical data to evaluate the Penalty Kill

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Penalty Kill (To be completed after the HPI Seminar)**

Outline your plans for your Penalty Kill. Your answer should include:

* Describe the skills and abilities of the players you utilize on your PK and outline your utilization of players.
* Outline two (2) drills for face off strategies and setups in your defensive zone.
* Outline two (2) different 5 on 4 Power Play systems and two (2) 5 on 3 Power Play systems in the Offensive Zone. Now diagram and describe your PK systems against the four (4) different power play systems you outlined.
* Diagram and explain two (2) drills to outline your PK Forecheck.
* Identify how you would use statistical data to support how you evaluate PK performance.

**A complete answer will include:**

* **twelve (12)** drills / diagrams **including key teaching points** in preparing your answers.

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Penalty Kill**

Recorded Modules – Effective Use of Technology

**The learning outcomes for this workshop are as follows:**

* Appreciate the benefits and value of utilizing technology.
* Develop an effective use of technology in teaching, analyzing, assessing and supporting your team's performance.
* Develop leadership and communication skills to maximize the gains made through the use of technology.

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Effective Use of Technology**

* To be evaluated during the Field Evaluation - Game

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Effective Use of Technology**

Recorded Modules – Player Evaluation and Selection

**The learning outcomes for this workshop are as follows:**

* Appreciate the benefits of creating a formal evaluation/selection plan
* Understand the needs and processes involved in different kinds of evaluation situations
* Develop effective evaluation criteria
* Develop administrative processes and tools for compiling the data required for effective evaluation and selection
* Develop an effective strategy for communicating player selection including exit interview

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Player Evaluation and Selection (To be completed after the HPI Seminar)**

In terms of Player Evaluation and Selection please provide the following details.

* Team selection / tryout plan or process
* Evaluation tools that you use to select players
* In season evaluation plan of players - Technical / Tactical / Physical / Mental
* In season tracking tools of player progress - Technical / Tactical / Physical / Mental

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Player Evaluation and Selection**

Recorded Modules – Skating

**The learning outcomes for this workshop are as follows:**

* Review the Skating recorded video
* Identify key aspects for Skating at High performance / emerging High Performance levels of hockey

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Skating (Knowledge Checks to be distributed by your Group Leader or Provincial Lead)**

* Skating Strengths and Deficiencies
* Skill Specific Teaching – Practice Plans
* Hockey Canada Network App Training Plans

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Skating**

Recorded Modules – Skills

The learning outcomes for this workshop are as follows:

* Review the Skills recorded video
* Identify key aspects for Skills at High performance / emerging High Performance levels of hockey

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Skating (Knowledge Checks to be distributed by your Group Leader or Provincial Lead)**

* Skating Strengths and Deficiencies
* Skill Specific Teaching – Practice Plans
* Hockey Canada Network App Training Plans

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Skills**

Recorded Modules – Shooting and Scoring

**The learning outcomes for this workshop are as follows:**

* Review the Shooting and Scoring recorded video
* Identify key aspects for Shooting and Scoring at High performance / emerging High Performance levels of hockey

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Skating (Knowledge Checks to be distributed by your Group Leader or Provincial Lead)**

* Skating Strengths and Deficiencies
* Skill Specific Teaching – Practice Plans

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Shooting and Scoring**

Recorded Modules – Developing Defencemen

**The learning outcomes for this workshop are as follows:**

* Review the Developing Defencemen recorded video
* Identify key aspects for Developing Defencmen at High performance / emerging High Performance levels of hockey

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Skating (Knowledge Checks to be distributed by your Group Leader or Provincial Lead)**

* Skating Strengths and Deficiencies
* Skill Specific Teaching – Practice Plans
* Hockey Canada Network App Training Plans

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Developing Defencemen**

Recorded Modules – Goaltending

**The learning outcomes for this workshop are as follows:**

* Review the Goaltending recorded video
* Identify key aspects for Goaltending at High performance / emerging High Performance levels of hockey

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Goaltending (Knowledge Checks to be distributed by your Group Leader or Provincial Lead)**

* Goaltending Strengths
* Goaltending Deficiencies
* 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 good & constructive meeting?)

* Design your communication plan for your coaches - Specifically your Defense and goalie coach
* Establish your teams pre-determined D Zone commands
* Decide how you will measure success off these commands
* Goaltending Drill Design - Warm Up Practice and Game / Communication with defence
* Goaltending Stats:

-Describe what goalie stats you want to keep track of

-Who will you assign to collect / track these stats?

-How will you use this information to guide your goaltenders and team for success?

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Goaltending**

Recorded Modules – Make Hockey Safe

**The learning outcomes for this workshop are as follows:**

* Understand the importance of Risk Management
* Understand the importance that social media plays in today’s world and how to approach it
* Establish clear roles and responsibilities for staff

**Workbook Task**

* Utilize chart on following page to take notes on the video or from group discussion
* Review scenario and complete the Risk Management task

**HP1 – Virtual Modules – Post Task – Make Hockey Safe**

There is no evaluation / post task for this module. Emergency Action Plan to be completed for Field Evaluation

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Make Hockey Safe**

**Risk Management Task**

10 minutes

Read the selection below and then complete the task on the following page

|  |  |
| --- | --- |
| Scenario | You are coaching a U18 team and the team will be travelling by bus from your home facility to a tournament outside your province for three days. Most of the parents have decided not to attend the event because of the cost, but 4 sets of parents have agreed to attend as chaperones.  At the hotel, there will be two players per room. The chaperones’ hotel rooms (4 sets of parents) will be spread out among the players’ rooms to allow them to help supervise the team. Coaches’ hotel rooms will also be among players’ rooms. All meals will be eaten as a team, and there is a meeting room at the hotel for team meetings when required. |

Task #1: After reading the above scenario, use the table on the next page to:

* Identify 5 things that could go wrong
* For each of the 5,
* Indicate the chances it could go wrong
* Describe 2 or 3 actions you can take to stop it from going wrong or minimize the consequences if it does go wrong

| What could go wrong? | What are the chances? | | | What actions could stop it from going wrong or minimize the consequences if it does go wrong? | |
| --- | --- | --- | --- | --- | --- |
| Low | Medium | High | Before leaving… | At the hotel… |
| #1 |  | | |  |  |
| #2 |  | | |  |  |
| #3 |  | | |  |  |
| #4 |  | | |  |  |
| #5 |  | | |  |  |

Recorded Modules – Hockey Canada Network App

**The learning outcomes for this workshop are as follows:**

* Downloading the Hockey Canada Network App
* Understanding the content contained in the App
* Understanding how to create a team and training plans
* Understanding how to favorite, download and share training plans and content

**Workbook**

* Utilize chart on following page to take notes on the video or from group discussion

**HP1 Post Task – Hockey Canada Network**

* These is no evaluation / post task for this module

**Starting Point**

Using the graphic below, make notes on the presentation or from group discussion

**Hockey Canada Network App**

