



# Hockey Canada

## NCCP High Performance 1

### Virtual Modules - Advanced Skills Analysis

#### Post Tasks

Version 1.0, 2021

Name: \_\_\_\_\_

CAC NCCP Number: \_\_\_\_\_

Due Date: \_\_\_\_\_





National  
Coaching  
Certification  
Program

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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 Task - Advanced Skills Analysis**

**Select a game clip of a play from your team or an NHL game and breakdown the skills involved in that game clip and then develop a series of drills that you would use to teach the progressions of that play.**

- Select a game clip from your team or an NHL game (maximum one minute in length)**
- Break it down into the Individual Skills and Individual Tactics (Offensive and/or Defensive) that occur**
- Develop a series of drills (max 6) to teach the individual components you identified above Chain of Events**

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## **Advanced Skills Analysis**

### **Task 1 – Select a game clip from your team or an NHL Game**

Attach a link to a game clip or attach the video that you have chosen to breakdown - paste link in space below

### **Task 2 – Breakdown of Clip**

Breakdown the clip into the individual skills or tactics that occur

### Task 3 – Advanced Skills Analysis

**Diagram and explain the drills you would use to teach the individual components you identified in the game clip**

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 – Advanced Skills Analysis

**Diagram and explain the drills you would use to teach the individual components you identified in the game clip**

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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