

# **Hockey Canada**

# **NCCP High Performance 1**

# In Person Modules – Defensive Team Play

**Post Tasks** 

Version 1.4, 2021

Name:	
CAC Coaching Number:	
Due Date:	





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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.

































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## HP1 - In Person Modules - Defensive Team Play - Post Tasks

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:

- 1) Outline of your plan for Defensive Team Play Based on the level you are coaching (5 Marks)
- 2) two (2) drills for Forechecking 1 Skill / 1 Team (4 Marks)
- 3) two (2) drills for Playing the Rush 1 Skill / Team (4 Marks)
- 4) two (2) drills for Tracking 1 Skill / 1 Team (4 Marks)
- 5) two (2) drills for D Zone Coverage 1 Skill / 1 Team (4 Marks)
- 6) one (1) drill on angling involving stick on puck in the Neutral zone (2 Marks)
- 7) one (1) drill on angling involving stick on puck in the Defensive zone (2 Marks)

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.

This task is worth 25 points

# **Defensive Team Play**

# Task 1 – Defensive Team Play

1)	Outline your plans for Defensive Team Play - Based on the level you are coaching

# **Defensive Team Play**

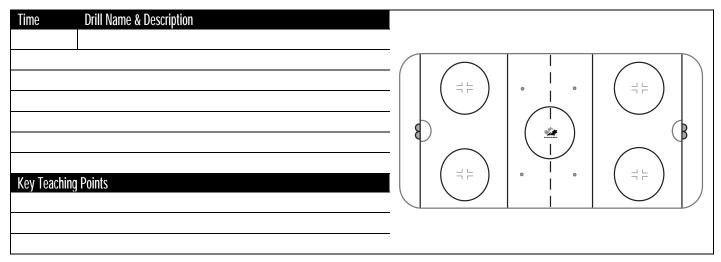
# Task 1 – Defensive Team Play - Continued

1)	Outline your plans for Defensive Team Play - Based on the level you are coaching

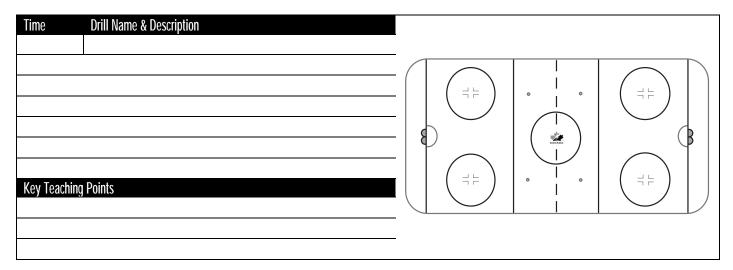
# Task 2 – Defensive Team Play

2) Diagram and explain - two (2) drills for Forechecking - 1 Skill / 1 Team

## Forecheck - Skill Drill



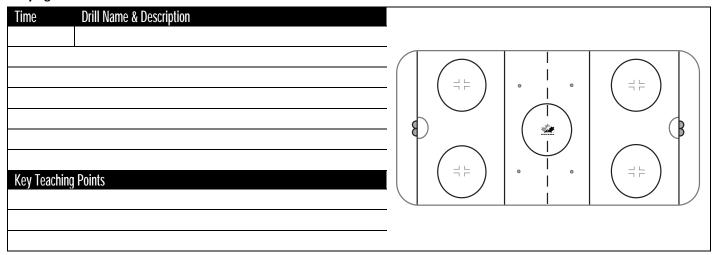
#### Forecheck - Team Drill



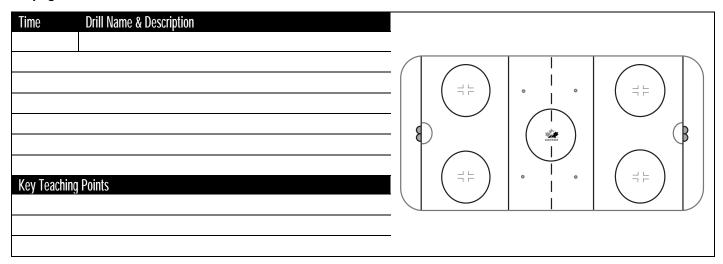
# Task 3 – Defensive Team Play

3) Diagram and explain two (2) drills for Playing the Rush - 1 Skill / 1 Team

# Playing the Rush - Skill Drill



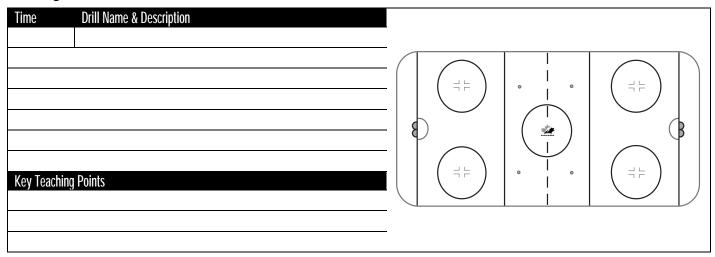
## Playing the Rush - Team Drill



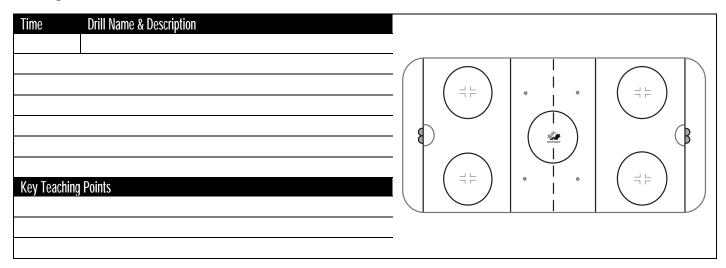
# Task 4 – Defensive Team Play

4) Diagram and explain two (2) drills for Tracking - 1 Skill / 1 Team

# Tracking - Skill Drill



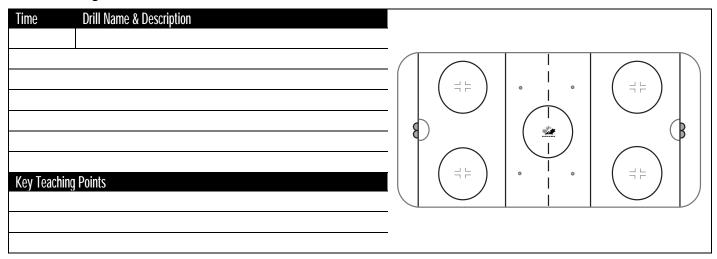
## **Tracking - Team Drill**



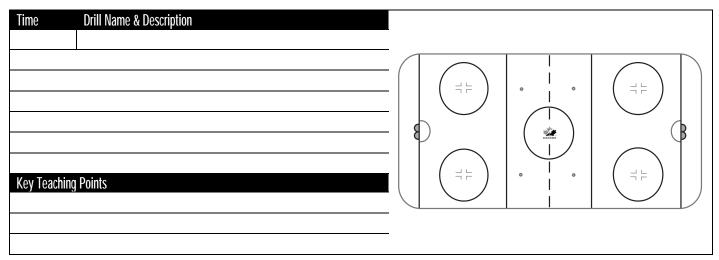
# Task 5 – Defensive Team Play

5) Diagram and explain two (2) drills for D Zone Coverage - 1 Skill / 1 Team

# D Zone Coverage - Skill Drill



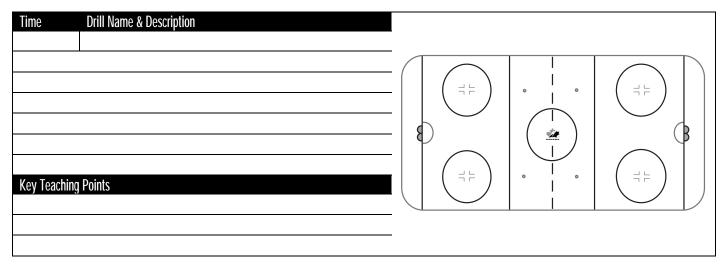
# D Zone Coverage - Team Drill



#### Task 6 - Defensive Team Play

6) Diagram and explain one (1) drill on angling involving stick on puck in the Neutral zone

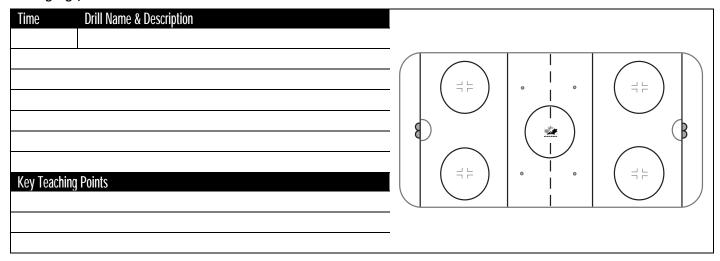
# NZ Angling / Stick Checks

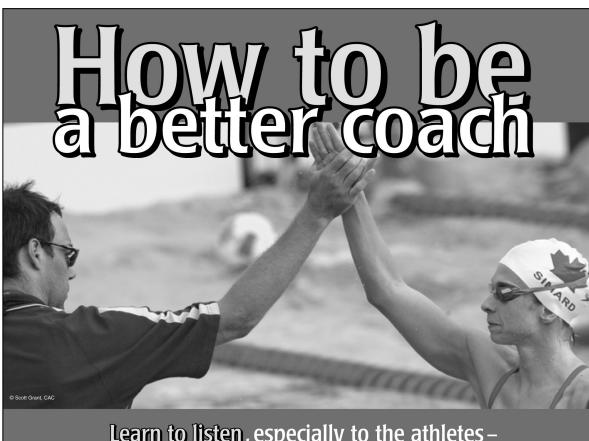


# Task 7 - Defensive Team Play

7) Diagram and explain one (1) drill on angling involving stick on puck in the Defensive zone

## DZ Angling / Stick Checks





Learn to listen, especially to the athletes – they are excellent teachers.

Help each athlete develop all of their capacities: physical, mental/emotional, and social.

Take a stand against doping and cheating in sport.

Thirst for knowledge attend coaching courses, get certified, stay up to date.

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