



Hockey Canada

NCCP High Performance 1

In Person Modules – Defensive Team Play

Post Tasks

Version 1.4, 2021

Name: _____

CAC Coaching Number: _____

Due Date: _____





National
Coaching
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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.



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Association canadienne des entraîneurs



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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

[illegible]

Defensive Team Play

Task 1 – Defensive Team Play - Continued

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

[illegible]

Task 2 – Defensive Team Play

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

Forecheck - Skill Drill

[illegible]

Forecheck - Team Drill

[illegible]**Additional Comments:**

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

[illegible]

Playing the Rush - Team Drill

[illegible]

Additional Comments:

Task 4 – Defensive Team Play

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

Tracking - Skill Drill

[illegible]

Tracking - Team Drill

[illegible]

Additional Comments:

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

[illegible]

D Zone Coverage - Team Drill

[illegible]

Additional Comments:

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

[illegible]

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

[illegible]

Additional Comments:

How to be a better coach



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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