

Hockey Canada

NCCP High Performance 1

Virtual Modules - Mental Prep

Post Tasks

Version 1.0, 2021

Name:	
CAC NCCP Number:	
Due Date:	
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PARTNERS IN COACH EDUCATION

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.























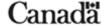








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HP1 - Virtual Modules - Post Tasks - Mental Prep

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 / Focusing techniques
- -Imagery / Visualization
- -Self Talk
- -Deliberate Practice
- -Scheduling Pre-game / Post-game Messaging
- -Your team values and vision

Mental Prep

Task 1 – Mental Prep Plan

Outline your plan for mental prep in terms of - Goal Setting / Emotional Control / Focusing techniques / Imagery / Visualization / Scheduling – Pre-game / Post-game Messaging / Your team values and vision;

Mental Prep

Task 1 - Mental Prep Plan - Continued

Mental Prep

Task 1 – Mental Prep Plan - Continued



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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