



# Hockey Canada

## NCCP High Performance 1

### Virtual Modules - Mental Prep

#### Post Tasks

Version 1.0, 2021

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

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

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





National  
Coaching  
Certification  
Program

## 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.



Coaching Association of Canada  
Association canadienne des entraîneurs



The programs of this organization are funded in part by the Government 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**

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## **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;

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## Mental Prep

### Task 1 - Mental Prep Plan - Continued

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## **Mental Prep**

### **Task 1 – Mental Prep Plan - Continued**

# 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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