



# Hockey Canada

## NCCP High Performance 1

### In Person Modules – Performance Planning

#### Post Task

Version 1.0, 2021

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

CAC Coaching Number: \_\_\_\_\_

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

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## **HP1 – In Person Modules - Post Task – Performance Planning**

Utilizing the Yearly Training Plan template ( or one of your own ), fill in the template with all of the activities that you have planned with your team. In terms of yearly planning, please provide the following details for each applicable period and phase of the yearly training plan.

1. Goals and objectives for each month
2. Player selection / tryouts
3. Practices / Games
4. Technical / tactical / team skills
5. Physical performance
6. Mental performance
7. Team development

# U18 – Yearly Training Plan

## August 2021

(0 Practices)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### TRANSITION PERIOD (Weeks 51 - 52)

#### Off Season 2 Phase (Weeks 51 -52)

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#### PREPARATION PERIOD (Weeks 1 - 8)

#### Preparation Phase (Weeks 1 - 3)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02	03	04	05	06	07	08
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
09	10	11	12	13	14	15
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
16	17	18	19	20	21	22
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
23	24	25	26	27	28	29
Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Preparation
30	31	01	02	03	04	05
Preparation	Preparation					

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

July				August					September			
05 (Week 47)	12 (Week 48)	19 (Week 49)	26 (Week 50)	02 (Week 51)	09 (Week 52)	16 (Week 1)	23 (Week 2)	30 (Week 3)	06 (Week 4)	13 (Week 5)	20 (Week 6)	27 (Week 7)
Off Season 2					Preparation				Tryout			



# U18 – Yearly Training Plan

## September 2021

(0 Practices)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### PREPARATION PERIOD (Weeks 1 - 8)

#### Preparation Phase (Weeks 3 - 4)

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#### Tryout Phase (Weeks 4 - 7)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
		Preparation	Preparation	Preparation	Preparation	Preparation
06	07	08	09	10	11	12
Preparation	Preparation	Preparation	Preparation	Tryout	Tryout	Tryout
13	14	15	16	17	18	19
Tryout	Tryout	Tryout	Tryout	Tryout	Tryout	Tryout
20	21	22	23	24	25	26
Tryout	Tryout	Tryout	Tryout	Tryout	Tryout	Tryout
27	28	29	30	01	02	03
Tryout	Tryout	Tryout	Tryout			

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

August			September				October					
02 (Week 51)	09 (Week 52)	16 (Week 1)	23 (Week 2)	30 (Week 3)	06 (Week 4)	13 (Week 5)	20 (Week 6)	27 (Week 7)	04 (Week 8)	11 (Week 9)	18 (Week 10)	25 (Week 11)
Off Season 2		Preparation			Tryout			Development 1	Dev 2	Regular Season 1		



# U18 – Yearly Training Plan

## October 2021

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### PREPARATION PERIOD (Weeks 1 - 8)

##### Development 1 Phase (Weeks 7 - 8)

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##### Development 2 Phase (Weeks 8)

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#### COMPETITION PERIOD (Weeks 8 - 37)

##### Regular Season 1 Phase (Weeks 9 – 11)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01	02	03
				Development 1	Development 1	Development 1
04	05	06	07	08	09	10
Development 1	Development 1	Development 1	Development 1	Development 2	Development 2	Development 2
11	12	13	14	15	16	17
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
18	19	20	21	22	23	24
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
25	26	27	28	29	30	31
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

September				October				November				
06 (Week 4)	13 (Week 5)	20 (Week 6)	27 (Week 7)	04 (Week 8)	11 (Week 9)	18 (Week 10)	25 (Week 11)	01 (Week 12)	08 (Week 13)	15 (Week 14)	22 (Week 15)	29 (Week 16)
Prep	Tryout			Dev 1	Dev 2	Regular Season 1					Reg Season 2	Reg Season 3



# U18 – Yearly Training Plan

## November 2021

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### COMPETITION PERIOD (Weeks 8 - 37)

#### Regular Season 1 Phase (Weeks 12 - 14)

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#### Regular Season 2 Phase (Week 15)

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#### Regular Season 3 Phase (Week 16)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
08	09	10	11	12	13	14
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
15	16	17	18	19	20	21
Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1	Regular Season 1
22	23	24	25	26	27	28
Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2	Regular Season 2
29	30	01	02	03	04	05
Regular Season 3	Regular Season 3					

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

October				November					December			
04 (Week 8)	11 (Week 9)	18 (Week 10)	25 (Week 11)	01 (Week 12)	08 (Week 13)	15 (Week 14)	22 (Week 15)	29 (Week 16)	06 (Week 17)	13 (Week 18)	20 (Week 19)	27 (Week 20)
Dev 1	Dev 2	Regular Season 1					Reg Season 2	Regular Season 3				Regular Season 4



# U18 – Yearly Training Plan

## December 2021

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### COMPETITION PERIOD (Weeks 8 - 37)

#### Regular Season 3 Phase (Weeks 16 - 19)

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#### Regular Season 4 Phase (Weeks 19 - 20)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	01	02	03	04	05
		Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
06	07	08	09	10	11	12
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
13	14	15	16	17	18	19
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3
20	21	22	23	24	25	26
Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 3	Regular Season 4	Regular Season 4	Regular Season 4
27	28	29	30	31	01	02
Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4	Regular Season 4		

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

November					December				January			
01	08	15	22	29	06	13	20	27	03	10	17	24
(Week 12)	(Week 13)	(Week 14)	(Week 15)	(Week 16)	(Week 17)	(Week 18)	(Week 19)	(Week 20)	(Week 21)	(Week 22)	(Week 23)	(Week 24)
Regular Season 1		Reg Season 2		Regular Season 3			Regular Season 4		Regular Season 5			



# U18 – Yearly Training Plan

## January 2022

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### COMPETITION PERIOD (Weeks 8 - 37)

#### Regular Season 4 Phase (Week 20)

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#### Regular Season 5 Phase (Weeks 21 - 24)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
					Regular Season 4	Regular Season 4
03	04	05	06	07	08	09
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
10	11	12	13	14	15	16
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
17	18	19	20	21	22	23
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
24	25	26	27	28	29	30
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

December				January					February			
06 (Week 17)	13 (Week 18)	20 (Week 19)	27 (Week 20)	03 (Week 21)	10 (Week 22)	17 (Week 23)	24 (Week 24)	31 (Week 25)	07 (Week 26)	14 (Week 27)	21 (Week 28)	28 (Week 29)
Regular Season 3		Regular Season 4		Regular Season 5					Regular Season 6		Regular Season 7	





# U18 – Yearly Training Plan

## February 2022

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### COMPETITION PERIOD (Weeks 8 - 37)

#### Regular Season 5 Phase (Weeks 25 - 26)

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#### Regular Season 6 Phase (Week 27)

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#### Regular Season 7 Phase (Weeks 28 - 29)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
07	08	09	10	11	12	13
Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5	Regular Season 5
14	15	16	17	18	19	20
Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6	Regular Season 6
21	22	23	24	25	26	27
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
28	01	02	03	04	05	06
Regular Season 7						

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

January					February				March			
03 (Week 21)	10 (Week 22)	17 (Week 23)	24 (Week 24)	31 (Week 25)	07 (Week 26)	14 (Week 27)	21 (Week 28)	28 (Week 29)	07 (Week 30)	14 (Week 31)	21 (Week 32)	28 (Week 33)
Regular Season 5					Regular Season 6				Regular Season 7			



# U18 – Yearly Training Plan

## March 2022

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### COMPETITION PERIOD (Weeks 8 - 37)

#### Regular Season 7 Phase (Weeks 29 - 33)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	01	02	03	04	05	06
	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
07	08	09	10	11	12	13
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
14	15	16	17	18	19	20
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
21	22	23	24	25	26	27
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
28	29	30	31	01	02	03
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7			

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

February				March				April			
07 (Week 26)	14 (Week 27)	21 (Week 28)	28 (Week 29)	07 (Week 30)	14 (Week 31)	21 (Week 32)	28 (Week 33)	04 (Week 34)	11 (Week 35)	18 (Week 36)	25 (Week 37)
Regular Season 5	Regular Season 6	Regular Season 7						Playoff			



# U18 – Yearly Training Plan

## April 2022

(0 Practices | 0 Games)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### COMPETITION PERIOD (Weeks 8 - 37)

#### Regular Season 7 Phase (Weeks 33 - 34)

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#### Playoff Phase (Weeks 35 - 37)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01	02	03
				Regular Season 7	Regular Season 7	Regular Season 7
04	05	06	07	08	09	10
Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7	Regular Season 7
11	12	13	14	15	16	17
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff
18	19	20	21	22	23	24
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	Playoff
25	26	27	28	29	30	01
Playoff	Playoff	Playoff	Playoff	Playoff	Playoff	

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

March				April				May			
07 (Week 30)	14 (Week 31)	21 (Week 32)	28 (Week 33)	04 (Week 34)	11 (Week 35)	18 (Week 36)	25 (Week 37)	02 (Week 38)	09 (Week 39)	16 (Week 40)	23 (Week 41)
Regular Season 7				Playoff				Off Season 1			

# U18 – Yearly Training Plan

**May 2022**

(0 Practices)

**GOALS**

1. TBD
2. TBD
3. TBD
4. TBD

**SKILLS / CONCEPTS**

**TRANSITION PERIOD (Weeks 38 - 52)**

**Off Season 1 (Week 38 - 42)**

**HC / Member POE Programs (Week 38 - 39)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	01
						Off Season 1
02	03	04	05	06	07	08
Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1
09	10	11	12	13	14	15
Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1
16	17	18	19	20	21	22
Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1
23	24	25	26	27	28	29
Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1

**Physical Prep**

- TBD

**Mental Prep**

- TBD

**Team Development**

- TBD

**Evaluation & Assessment**

- TBD

April				May					June			
04 (Week 34)	11 (Week 35)	18 (Week 36)	25 (Week 37)	02 (Week 38)	09 (Week 39)	16 (Week 40)	23 (Week 41)	30 (Week 42)	06 (Week 43)	13 (Week 44)	20 (Week 45)	27 (Week 46)
Reg Season 7	Playoff			Off Season 1					Off Season 2			



# U18 – Yearly Training Plan

## June 2022

(0 Practices)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### TRANSITION PERIOD (Weeks 38 - 52)

#### Off Season 1 (Week 42 - 44)

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#### Off Season 2 (Week 45 - 46)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
		Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1
06	07	08	09	10	11	12
Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1
13	14	15	16	17	18	19
Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1	Off Season 1
20	21	22	23	24	25	26
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
27	28	29	30	01	02	03
Off Season 2	Off Season 2	Off Season 2	Off Season 2			

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

May					June				July			
02 (Week 38)	09 (Week 39)	16 (Week 40)	23 (Week 41)	30 (Week 42)	06 (Week 43)	13 (Week 44)	20 (Week 45)	27 (Week 46)	04 (Week 47)	11 (Week 48)	18 (Week 49)	25 (Week 50)
Off Season 1					Off Season 2							



# U18 – Yearly Training Plan

## July 2022

(0 Practices)

### GOALS

1. TBD
2. TBD
3. TBD
4. TBD

### SKILLS / CONCEPTS

#### TRANSITION PERIOD (Weeks 38 - 52)

#### Off Season 2 (Week 46 - 50)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01	02	03
				Off Season 2	Off Season 2	Off Season 2
04	05	06	07	08	09	10
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
11	12	13	14	15	16	17
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
18	19	20	21	22	23	24
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2
25	26	27	28	29	30	31
Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2	Off Season 2

#### Physical Prep

- TBD

#### Mental Prep

- TBD

#### Team Development

- TBD

#### Evaluation & Assessment

- TBD

June				July				August				
06 (Week 43)	13 (Week 44)	20 (Week 45)	27 (Week 46)	04 (Week 47)	11 (Week 48)	18 (Week 49)	25 (Week 50)	01 (Week 51)	08 (Week 52)	15 (Week 1)	22 (Week 2)	29 (Week 3)
Off Season 1				Off Season 2				2022-2023 Season				



<b>TECHNICAL SKILLS</b>	<b>Skating Skills</b>	<b>Puck Control</b>	<b>Passing / Receiving</b>	<b>Shooting</b>	<b>Checking</b>	<b>Goaltenders</b>
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<b>TACTICS</b>	<b>Individual Offensive Tactics</b>		<b>Individual Defensive Tactics</b>		<b>Team Tactics</b>	
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<b>OTHER</b>	<b>Physical Prep</b>		<b>Mental Prep</b>		<b>Team Development</b>	
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<b>Period</b>	<b>Phase</b>	<b>Timing</b>
<b>Preparation</b>	<b>Prep/Tryout Phase</b>	▪ Refers to the period of time prior to the season starting, typically when pre camps and/or tryouts are held.
	<b>Development Phase</b>	▪ Refers to the period of time following tryouts or evaluation prior to the regular season starting.
<b>Competition</b>	<b>Regular Season Phase</b>	▪ Refers to the period of time from the first regular season game to the start of playoffs or provincial/branch championships.
	<b>Playoff Phase</b>	▪ Refers to the period of time from the end of the regular season through to the end of playoffs.
<b>Transition</b>	<b>Off Season Phase</b>	▪ Refers to the period of time from the end of the playoff season to the start of the next prep or tryout season. No tryouts are allowed during the off season.