



HOCKEY CANADA

High Performance 1 Post Tasks

Version 1.4, 2021





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



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Canada

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The Collection, Use, and Disclosure of Personal Information

The Coaching Association of Canada collects your NCCP qualifications and personal information and shares it with all NCCP partners according to the privacy policy detailed at www.coach.ca. By participating in the NCCP you are providing consent for your information to be gathered and shared as detailed in the privacy policy. If you have any questions or would like to abstain from participating in the NCCP please contact coach@coach.ca.

HP1 EVALUATION PART A

Post Seminar Post Tasks

Your High Performance Post Tasks are to be completed by (M/D/YR): December 1, 2021

Please submit your Post Tasks to: Dave Cuning

Member (BRANCH): BC Hockey

Title: Manager, Athlete Development

Phone: 250 652 2978 ext 8578

Email: dcunning@bchockey.net

City: Saanichton

Province: BC

Address: 6671 Oldfield Road

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Circumstances may arise, impacting on your ability to complete your post tasks by the date specified above. Extension requests must be submitted to the Member (Branch) or Member Partner in writing.

Group leaders are made available by the **Member (Branch) or Member Partner** as mentors for your Post Tasks. You may contact your group leader for clarification, direction, confirmation, information and support regarding the 10 questions. The e-mail address and phone number of your mentor is identified below.

Group Leader Name: _____

Phone: _____

Email: _____

SECTION A: VIRTUAL MODULES

1. Make Ethical Decisions

“Recognize the importance of the High Performance coach accepting the mandate to be the role model coach and a mentor for the improvement of the game. The must apply the MED process in resolving issues.”

On-line evaluation completed via CAC website once training has taken place.

2. Managing Conflict

Effective strategies in Conflict Management will support leadership success.

On-line evaluation completed via CAC website once training has taken place.

3. Mental Preparation (10 marks)

“The team with the most players and coaches “In the Zone” mentally is more likely to play most of the game in the offensive zone.” 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 / Focussing techniques
- Imagery / Visualization
- Self Talk
- Deliberate Practice
- Scheduling – Pre-game / Post-game Messaging
- Your team values and vision;

Value: _____ / 10

4. Game and Bench Management

“Similar to a great player, a great coach ‘sees the entire game’ and knows who is playing hard. They ‘stay in the moment’; unaffected by the ebb and tide of emotions, so as to remained focused, alert and to provide a good example to their players. Thus the great coach can make adjustments to play to the strengths of their team and to take advantage of the weaknesses of their opponent.”

Evaluated during the Field evaluation of a game.

5. Make Hockey Safe

1) More than ever before, coaches need to be aware of the risks and responsibilities they assume when they coach. The expectations of not only volunteers but of parents and players is that they and their children will participate in a safe environment, will have fun, and that coaches will make overall risk management a priority. 2) Social Media plays a major role in all our lives. Encouraging positive use and eliminating the negative use of social media can be an everyday job in a team environment. Through this module, coaches will be informed of best practices for themselves as well as the athletes on their team.

There is no evaluation / post task for this module. Emergency Action Plan to be completed for field evaluation

6. Hockey Canada Network

Resources can be a coaches’ best friend. This module will go through the Hockey Canada Network App to view articles, drills, videos and instruct on the functions of creating a practice plan, creating a team and sharing information with your network.

There is no evaluation / post task for this module.

7. Advanced Skill Analysis (10 Marks)

“High performance players need to continuously perfect and advance individual skills, and individual tactics. The results will contribute significantly to team success. The coach must understand how these skills and tactics are executed for efficient practicing and maximum development by the players.”

Select a game clip of a play from an NHL game and breakdown the skills involved in that game clip and then develop a series of drills that you would use to teach the progressions of that play.

- Select a game clip from an NHL game
- Break it down into the individual skills or tactics that occur
- Develop a series of drills to teach the individual components you identified above (Chain of Events)

Value: _____ / 10

8. Team Building (10 marks)

“The first goal of leadership is to get the very best out of the people in your organization, whether they have talent to spare or are spare in talent.” When asked to define what a team is, most people including coaches, players and even parents readily state that a team is a group of people working together for a common purpose. They will state that things like learning and development of the team and individual members are crucial for success. The most important role and responsibility of the team leader is to build a team.

In terms of ‘team building’ please provide us the following details within a Team Building Plan for the up-coming season.

- Your team values and vision;
- Your keys to successful achievement of your vision and goals;
- A team building ‘**Calendar of Events**’ showing all team building activities for the season along with the purpose of each activity.
- Community Project-Charity-Fundraiser

Value: _____ / 10

SECTION B: IN PERSON MODULES

1. Performance Planning (20 Marks)

Planning is the process of assessing a team's goals and creating a realistic detailed plan of action from meeting these goals. Basic steps in the planning process involve developing a roadmap that outlines the tasks the team must accomplish to meet their objectives.

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.

- Goals and objectives for each month
- Player selection / tryouts
- Practices / Games
- Technical / tactical / team skills
- Physical performance
- Mental performance
- Team development

Value: _____ / 20

2. Planning, Teaching and Evaluating Techniques in Coaching (20 Marks)

"The influence of a teacher will last for an eternity; you never know when it starts or stops." Further to being seen as leaders in the community, coaches have an obligation to take proactive steps to strengthen their community and develop the game by serving others. You must dedicate **at least ten (10) hours** and "give back" to your community in **one (1)** of the three (3) following ways:

(A) Mentor... Select a coaching staff in minor hockey from your community and develop strategies to help them improve their weaknesses and highlight their strengths through a mentorship process. This requires your involvement in discussions with the staff; practice planning, execution and review; game planning, critique and review; and helping foster their understanding of the inter-relationship between practices and games (how to plan practices based on team performance and how to create game plans based on opponent tendencies.) Keep a diary (dates, times, notes) of your meetings / plans / and summarize what happened. The coach's association must provide an official letter detailing what occurred. The coaches who were mentored should also write a letter stating what happened and what impact your mentoring had on them.

(B) Teacher... Create a clinic for a local minor hockey association which includes: two (2) presentations: one (1) on-ice and one (1) off-ice. The focus is to assist in the development of the coaches as teachers and motivators. Choose your topic, create handout materials, deliver the clinic, and have the participants critique the clinic. Submit copies of all this material. Keep a diary (dates, times, notes) of your meetings / plans / and summarize what happened. The association must provide an official letter detailing what occurred, when, and who attended. Based on your feedback from those in attendance (provide the critiquing comments), what impact did your teaching have on them? What did you learn from the experience? If you were to do this again, identify any specific changes you would make.

(C) Leader... Volunteer to serve on a committee for your local minor hockey association for the hockey season. The committee could be in charge of a tournament; promoting minor hockey week; providing a professional development initiative for coaches (perhaps establishing a mentorship program), etc. Outline your commitment to the specific project - identifying your specific goals, objectives, (including how and when you will measure the success of the project), and strategic plan.

Question Goal: Demonstrate leadership, mentorship or teaching abilities through one of the three options.

Content: For the option selected:

- Provide the details requested in the task above.
- The project should provide professional development for the community.
- Support letters for presentation evaluations are important.

Value: _____ /20

3. Offensive Team Play (25 marks)

“When you are on offence, you create your own world. You act out the drama you have written. You dance the dance you have choreographed. You sing the song you have composed.” Coaches must comprehend that building a complete offensive team play system, involves all of your players so that they can be involved in the breakout, the rush, the entry, and the attack; in all three zones; and that interchanging positions becomes an automatic.

Outline your plans for Offensive Team Play. Reflect on these 4 concepts: 1) Breakouts 2) Neutral Zone Transition/Regroup 3) Zone Entries 4) Offensive Zone Play. Your answer should include:

- Outline of your plan for Offensive Team Play (5 Marks)
- two (2) drills for Breakouts (4 Marks)
- two (2) drills for Transition / Regroups (4 Marks)
- two (2) drills for Zone Entries (4 Marks)
- two (2) drills for Offensive Zone Play (4 Marks)
- one (1) drill for Activating your Defence in the rush on a Zone Entry (2 Marks)
- one (1) drill for Net Front Screens / Tips off a Point Shot (2 Marks)

A complete answer will include:

- your philosophy for offensive team play
- the technical skills required by your players for offensive team play
- the tactical skills required by your players for offensive team play
- ten (10) drills / diagrams and include key teaching points** in preparing your answers.

Value: _____/25

4. Defensive Team Play (25 marks)

“A great defense is the foundation for a great offense. Defensive team play requires more concentration from your players, since any mistake can be very costly.” Developing a team that executes outstanding defensive team play systems requires players that are proficient in defensive individual skills and tactics and defensive team tactics. Coaches recognize the importance of practicing these skills and tactics regularly and then integrating them into team play systems.

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:

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

Value: _____/25

5. Power Play (25 marks)

"The expression, power play, sounds almost magical. Those two words appear to awaken astounding creativity. Every coach seems to consistently be searching for "THE" power play."

Your power play can be a weapon or a wimp. Strong offensive teams, in both junior and professional hockey, have power plays that are producing percentages over 20%

Outline plans for your power play for the upcoming season based on the following: Your answer should include:

- Describe the individual technical and tactical skills of the players you utilize on your power play. (4 Marks)
- Describe the roles and responsibilities (and the names for the positions) of the players on the power play. (5 Marks)
- Diagram and explain two (2) drills for a Power Play Breakout (4 Marks)
- Diagram and explain two (2) drills for Power Play Entries (4 Marks)
- Diagram and explain two (2) power play setups in the off. zone and include responsibilities of each player. (4 Marks)
- Diagram and explain two face off strategies, one for a win and one for a loss. (2 Marks)
- Describe how you plan to evaluate your power play performance (2 Marks).

A complete answer will include:

-eight (8) drills / diagrams including key teaching points in preparing your drills.

Value: _____/25

6. Penalty Kill (25 marks)

"In order to be efficient as a team in penalty killing, the coaching staff has to establish a team play system according to the talent available and the personality of the team."

The power play / penalty kill continues to be a win or lose situation in many hockey games. The team who wins special teams – usually wins.

Outline your plans for your Penalty Kill. Your answer should include:

- Describe the skills and abilities of the players you utilize on your PK and outline your utilization of players. (5 Marks)
- Outline two (2) drills for face off strategies and setups in your defensive zone. (4 Marks)
- Outline two (2) different 5 on 4 Power Play systems and two (2) 5 on 3 Power Play systems in the Offensive Zone. Now diagram and describe your PK systems against the four (4) different power play systems you outlined. (8 Marks)
- Diagram and explain two (2) drills to outline your PK Forecheck. (4 Marks)
- Identify how you would use statistical data to support how you evaluate PK performance. (4 Marks)

A complete answer will include:

-twelve (12) drills / diagrams including key teaching points in preparing your answers.

Value: _____/25

7. Physical Preparation (10 Marks)

“To win races, win battles and recover faster, today’s coach cannot rely on off-season training and support staff to truly lead the team to excellence.”

PART A: Provide your in-season physical preparation program. Detail your plans: for pre practice/game warm-up; for post practice/game recovery procedures; for hydration, nutrition and recovery; for improving Critical Fitness Variables (CFV’s); for injury prevention; for managing your support staff or outside resource staff within the Physical Preparation program.

PART B: Outline your team’s policy for return to play guidelines for a player that has suffered a concussion.

Question Goal: An in-season physical preparation program.

Content: The question contains an overview of the physical preparation program, a detailed explanation of how each of the points will be developed and practical examples from training, practices or game situations to illustrate. Any relevant templates should be included.

- Physical preparation outline for the season
- Practice and Game warmups
- Practice and Game cool downs / recovery
- Improving critical fitness variables-CFV- measurement and evaluation of fitness components
- Injury prevention
- Managing support staff

Value: _____ / 10

8. Leadership Techniques in Coaching (10 Marks)

“Role model coaches not only ‘talk the talk’, but also ‘walk the talk’.” Coaches are seen as leaders within their community. Select a book or webinar on coaching or leadership. Provide a **one-page (1)** review for either the book or webinar. Include what impacted you the most, what key thing(s) you learned, and why you would recommend it to your peers?

Question Goal (1): Read one book or watch one webinar on coaching or leadership.

Question Goal (2): Outline your plans for building a positive culture amongst your staff and developing a leadership team amongst your players.

Content: The selected book or webinar should specifically be about coaching or leadership. The answer should provide a response for the following points:

- A review of the book or webinar including impacts and learnings.
- Staff Culture
- Leadership group amongst players

Value: _____ / 10

SECTION C: RECORDED MODULES

These seven modules will be completed via watching a recording on your own time. A link will be provided for you by your Member Branch to watch the recording and complete the post tasks

1. Player Evaluation and Selection (10 Marks)

"A successful coach will develop a clear player selection plan to aid in the choosing of the best players of the team. No matter whether the opportunity is for a corporation or a hockey team, the more detailed and thorough the selection process, the more likely the best candidates will be chosen."

In terms of Player Evaluation and Selection please provide us the following details.

- Team selection / tryout plan or process
- Evaluation tools that you use to select players
- In season evaluation plan of players - Technical / Tactical / Physical / Mental
- In season tracking tools of player progress - Technical / Tactical / Physical / Mental

Value: _____ / 10

2. Effective Use of Technology

"A quality coach appreciates the benefits and value of utilizing technology. A coach should develop an effective use of technology in teaching, analyzing, assessing and supporting their team and staff's performance."

There is no post task for this module

3. Skating

"A successful coach will develop a clear player selection plan to aid in the choosing of the best players of the team. No matter whether the opportunity is for a corporation or a hockey team, the more detailed and thorough the selection process, the more likely the best candidates will be chosen."

Skating is the foundation of hockey. This recorded module will display key skating skills and allow you to reflect on the strengths and deficiencies of the players you work with and create practice plans on how to improve those skills.

- Skating strengths and deficiencies
- Skill specific teaching / practice plans
- Hockey Canada Network App training plans

Value: _____ Complete / Incomplete

4. Skills

"A successful coach will develop a clear player selection plan to aid in the choosing of the best players of the team. No matter whether the opportunity is for a corporation or a hockey team, the more detailed and thorough the selection process, the more likely the best candidates will be chosen."

Skills are an important component in the game of hockey. This recorded module will display key puck skills and allow you to reflect on the strengths and deficiencies of the players you work with and create practice plans on how to improve those skills.

- Skill strengths and deficiencies
- Skill specific teaching / practice plans
- Hockey Canada Network App training plans

Value: _____ Complete / Incomplete

5. Shooting and Scoring

"A successful coach will develop a clear player selection plan to aid in the choosing of the best players of the team. No matter whether the opportunity is for a corporation or a hockey team, the more detailed and thorough the selection process, the more likely the best candidates will be chosen."

Shooting and scoring is the goal in any game. This recorded module will display key shooting and scoring skills and allow you to reflect on the strengths and deficiencies of the players you work with and create practice plans on how to improve those skills.

- Shooting and scoring strengths and deficiencies
- Skill specific teaching / practice plans
- Hockey Canada Network App training plans

Value: _____ Complete / Incomplete

6. Developing Defencemen

"A successful coach will develop a clear player selection plan to aid in the choosing of the best players of the team. No matter whether the opportunity is for a corporation or a hockey team, the more detailed and thorough the selection process, the more likely the best candidates will be chosen."

Defencemen can be the backbone of a team. This recorded module will display key aspects of developing defencemen and allow you to reflect on the strengths and deficiencies of the players you work with and create practice plans on how to improve those skills.

- Defencemen strengths and deficiencies
- Skill specific teaching / practice plans
- Hockey Canada Network App training plans

Value: _____ Complete / Incomplete

7. Goaltending

"Goaltending is indeed a unique position requiring specialized skills and abilities. Solid, consistent goaltending provides teams the best opportunities to succeed. It is the responsibility of the coach to prepare for those opportunities."

Goaltending is the make it or break it position on a team. This recorded module will display key goaltending factors and allow you to reflect on the relationship with the goaltenders and goaltending coach you work with.

- Goaltending strengths and deficiencies
- Communication with your goaltenders and goalie coach
- In game communication
- Tracking of goaltender stats

Value: _____ Complete / Incomplete

SECTION D: ON DEMAND MODULES TO BE EVALUATED ONLINE

These two modules will be completed in an on-line e-learning environment on your own time. A link will be provided for you by your Member Branch to complete the on-line training and evaluation.

1. Leading Drug-free Sport

“The Canadian Policy against Doping in Sport is grounded in the fundamental commitment to safeguard the integrity and values of sport and to protect the health of individuals of the unethical practice of doping. Athletes are responsible for what they consume. This means that they are responsible for what they eat and what is found in their body in a doping test, even if they did not know they were taking banned substances.”

2. Equity, Diversity and Inclusion

“Equity, Diversity and Inclusion are key priorities for Hockey Canada and bringing awareness to these issues in society and sport are paramount to the success of the game of hockey moving forward.



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Visit coach.ca, the resource and information hub for coaches in Canada. Check your coaching transcript in the Locker, access valuable eLearning coaching modules, and get practical coaching tips that you can use today from the Coaching Association of Canada.


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