



Hockey Canada

NCCP High Performance 1

Recorded Modules - Skating

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



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HP1 – Recorded Modules - Post Task - Skating

- 1) Skating Strengths and Deficiencies**
- 2) Skill Specific Teaching – Practice Plans**
- 3) Hockey Canada Network App Training Plans**

Skating Strengths and Deficiencies

Task 1 – Skating Strengths

Identify the overall skating strengths you see in Canadian players and specifically the ones that you work with. Please identify the age group(s) and be specific with the strengths you see in each age group. **(Can be male or female)**

Task 2 – Skating Deficiencies

Identify the overall skating deficiencies you see in Canadian players and specifically the players you work with. Please identify the age group(s) and be specific with the strengths you see in each age group. **(Can be male or female)**

Task 3 – Skating Strengths in International Players

Identify the overall skating strengths you see in International players. Please identify the skating strengths you see in players from the following countries: USA / Sweden / Finland / Russia **(Can be male or female)**

Task 4 – Skating Deficiencies in International Players

Identify the overall skating deficiencies you see in International players. Please identify the skill deficiencies you see in players from the following countries: USA / Sweden / Finland / Russia **(Can be male or female)**

Task 5 – Skating - Agility / Quickness

Create a progression of drills for the skills involved in Agility / Quickness Skating (6 drills). Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

[illegible][illegible][illegible]

Task 6 – Skating - Angling

Create a progression of drills for the skills involved in Angling (6 drills). Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

[illegible][illegible][illegible]

Task 7 – Transition Skating

Create a progression of drills for the skills involved in Transition Skating (6 drills). Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may also be inserted to replace the blank rink diagram.

[illegible][illegible][illegible]

A diagram of a soccer field with rounded ends. It features a central circle with a cross symbol inside, and two side circles, one on each side, also containing a cross symbol. The field is divided into three vertical sections by two vertical lines. The central section contains the central circle, and the two side sections each contain a side circle. The cross symbols are positioned in the center of each circle.

Planning Skills Sessions

Coach Tasks

Task 8 – Using the Hockey Canada Network App, create 3 training plans that contain the following skills in each plan: (Each training plan should be a progression on the next)

(6 drills in each training plan and utilize drills from the age category that you are working with)

-Skating Warm-Up / Forward Skating / Backward Skating / Turning / Crossovers / Transition and Pivot Skills

*For the HC Network App Task, you will have to invite your designated **Member Branch Personnel** to a team you create and share the training plans via the network. Please use your name when creating the team ie. Task 8 – John Johnson - skating

How to be a better coach



Learn to listen, especially to the athletes –
they are excellent teachers.

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