



Hockey Canada

NCCP High Performance 1

Recorded Modules - Developing Defencemen

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
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HP1 – Recorded Modules - Post Task - Developing Defencemen

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

Defencemen Strengths and Deficiencies

Task 1 – Defencemen Strengths

Identify the overall strengths you see in Canadian Defencemen 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 – Defencemen Deficiencies

Identify the overall deficiencies you see in Canadian Defencemen 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 – Defencemen Strengths in International Players

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

Task 4 – Defencemen Deficiencies in International Players

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

Task 5 – Developing Defencemen - Agility / Quickness

Create a progression of drills for the skills involved in Agility / Quickness Developing Defencemen (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]

The diagram illustrates a 3v3 soccer field layout. It is a rectangular field divided into three equal vertical sections by two dashed lines. The left and right sections each contain two large circles, one in the top half and one in the bottom half, each marked with a crosshair. The middle section contains a single large circle in the center, also marked with a crosshair. A dashed line runs vertically through the center of this middle circle. On the left and right sides of the field, there are two small circles, one above and one below the center line, each marked with a crosshair. A small soccer ball icon is positioned in the center of the middle circle.

A diagram of a soccer field layout. It features a central circle with a crosshair and a small soccer ball icon in the middle. On either side of the center circle are two more circles, each containing a crosshair. The field is divided into three vertical sections by dashed lines. The left and right sections have a small circle with a crosshair on the outer edge. The central section has a central circle with a crosshair and a small soccer ball icon in the middle.

A diagram of a soccer field layout. It features a central circle with a crosshair inside, and two side circles, each also containing a crosshair. The field is divided into three vertical sections by dashed lines. The central section contains the central circle, and the two side sections each contain a side circle. The field is bounded by a solid line on the left and right, and a dashed line in the center.

Task 6 – Developing Defencemen - 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]

A diagram of a soccer field layout. It features a central circle with a cross symbol inside, and two side circles, each also containing a cross symbol. The field is divided into three vertical sections by dashed 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.

Task 7 – Transition for Developing Defencemen

Create a progression of drills for the skills involved in Transition for Developing Defencemen (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]

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) -

Defenceman Warm-Up / Backward Skating for Defencemen / Transition and Pivot Skills /

Defending the Rush / Breakout Skills / Defenceman Shooting

*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 - Developing Defencemen

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