

Hockey Canada

NCCP High Performance 1

Recorded Modules - Developing Defencemen

Post Tasks

Version 1.0, 2021

Name:	
CAC NCCP Number: _	
Due Date:	





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.

































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HP1 - Recorded Modules - Post Task - Developing Defencemen

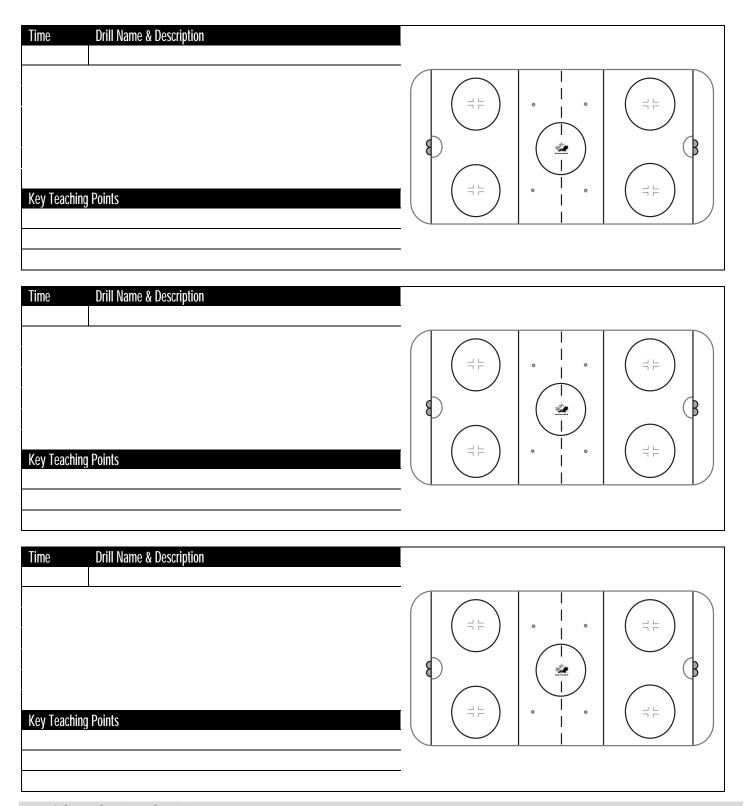
- 1) Developing Defencemen Strengths and Deficiencies
- 2) Skill Specific Teaching Practice Plans
- 3) Hockey Canada Network App Training Plans

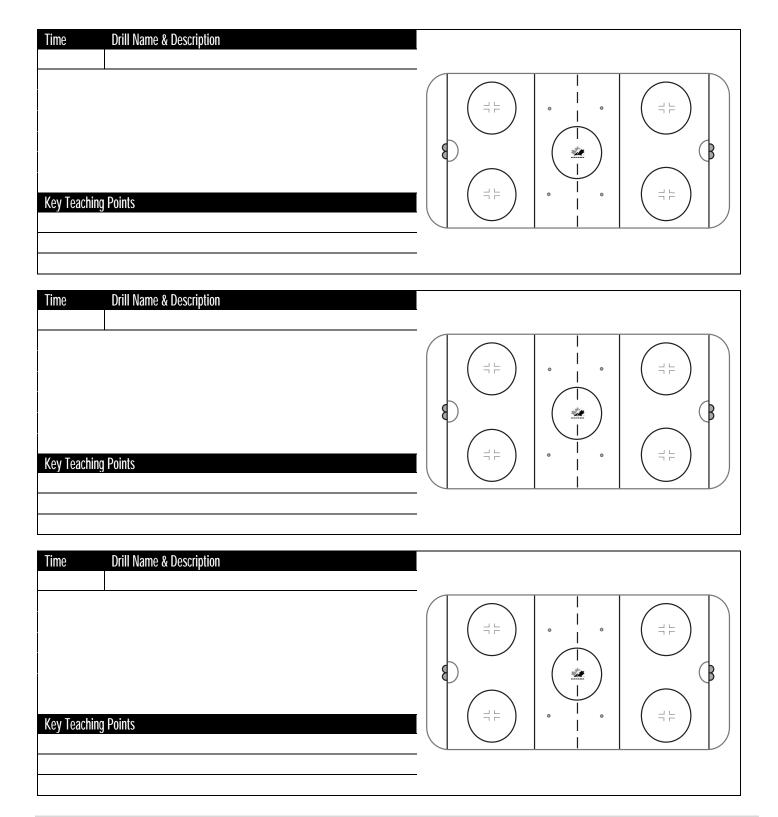
see in players from one the following countries: USA / Sweden / Finland / Russia (Can be male or female)

Task 5 - Developing Defencemen - Agility / Quickness

Create a progression of drills for the skills involved in Agility / Quickness Developing Defencemen (6 drills)

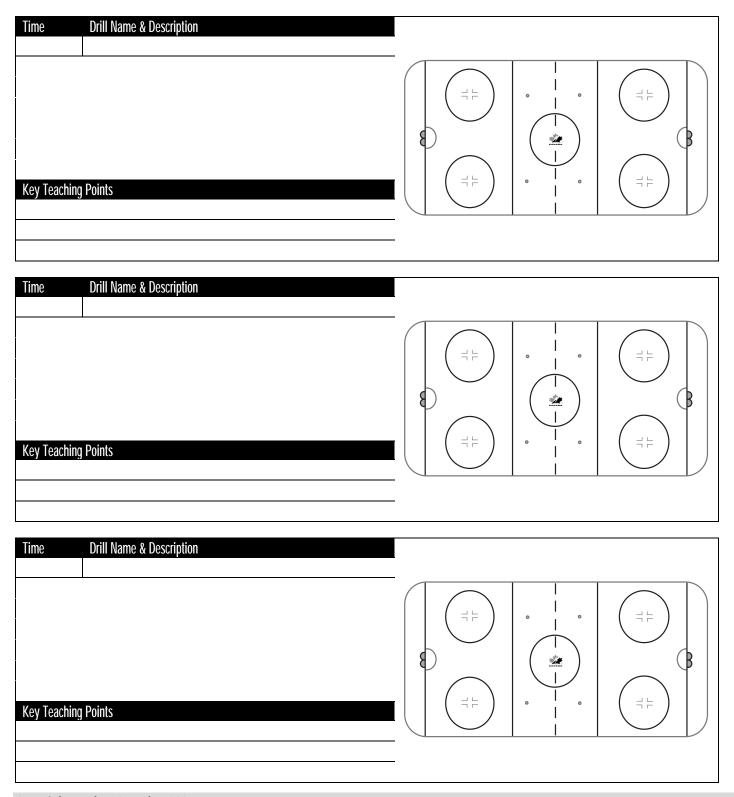
Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a pdf file to your designated Member Branch personnel. Drills drawn via a drill drawing program may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

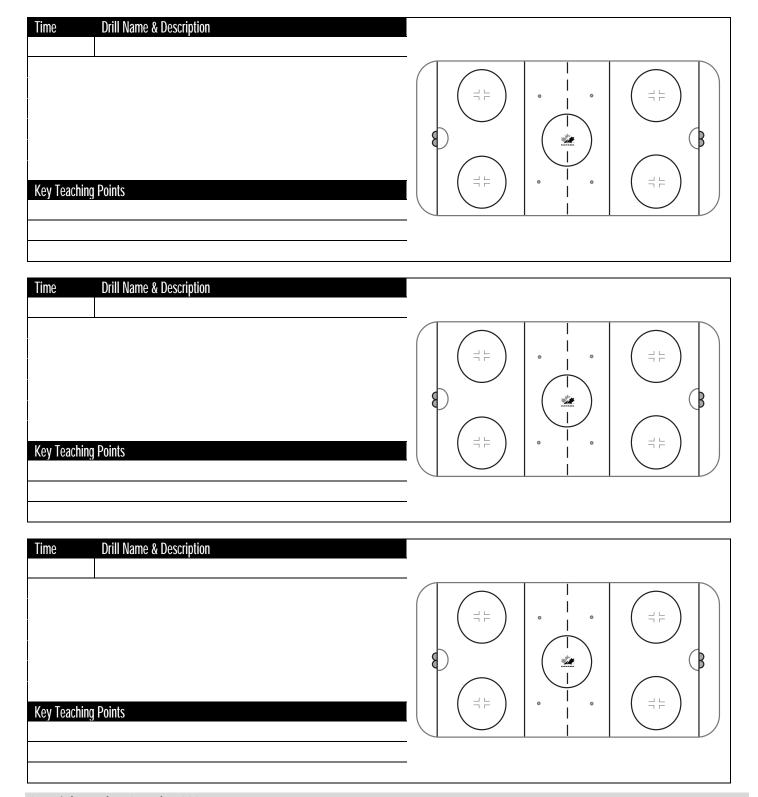




Task 6 - Developing Defencemen - Angling

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.

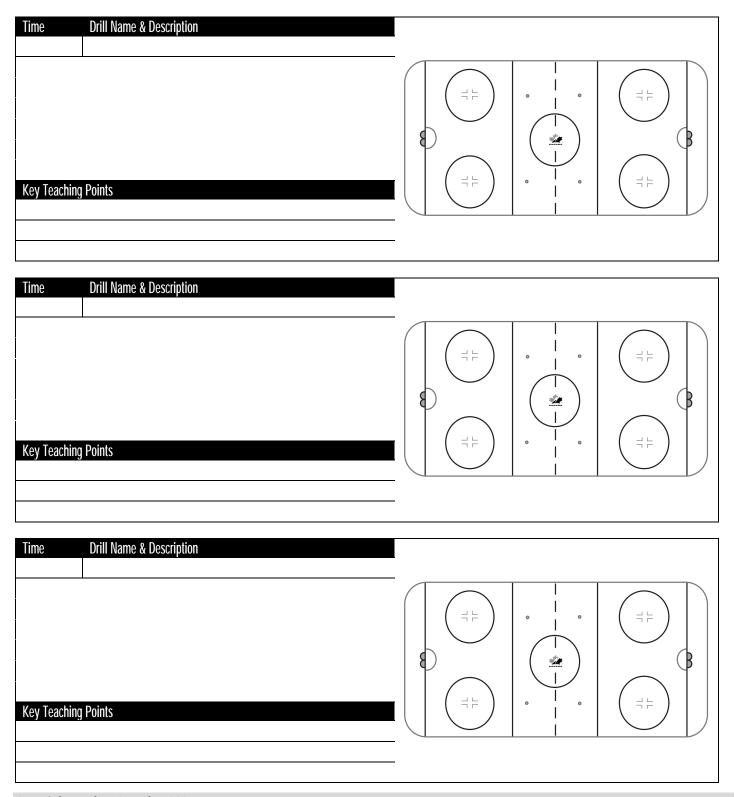


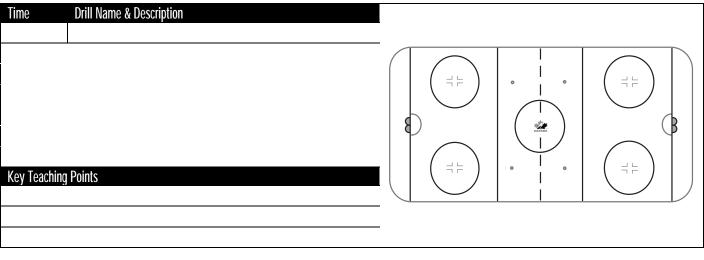


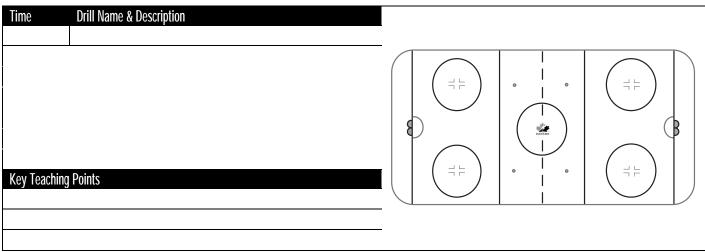
Task 7 – Transition for Developing Defencemen

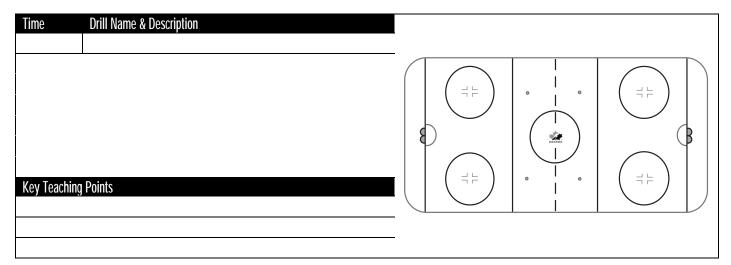
Create a progression of drills for the skills involved in Transition for Developing Defencemen (6 drills)

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.









Planning Skills Sessions

Coach Tasks

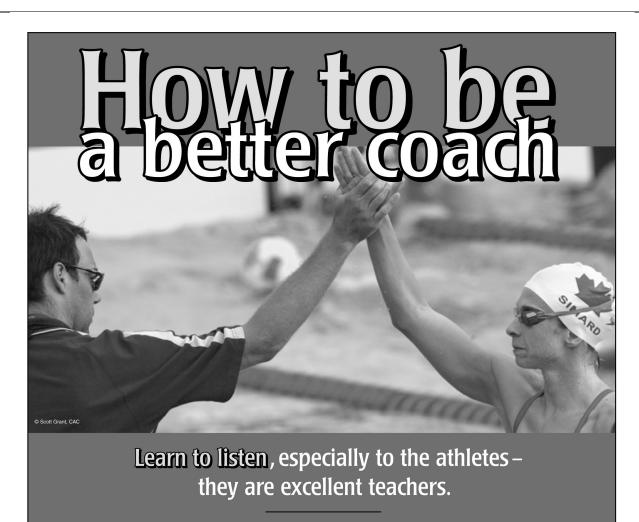
Task 8 – Using the Hockey Canada Network App, create 3 training plans that contain the following skills in each plan: (Each training plan should be a progression on the next)

(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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