



Hockey Canada

NCCP High Performance 1

Recorded Modules - Shooting and Scoring

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 - Shooting and Scoring

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

Shooting and Scoring Strengths and Deficiencies

Task 1 – Shooting and Scoring Strengths

Identify the overall Shooting and Scoring 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 – Shooting and Scoring Deficiencies

Identify the overall Shooting and Scoring 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 – Shooting and Scoring Strengths in International Players

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

Task 4 – Shooting and Scoring Deficiencies in International Players

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

Task 5 – Shooting and Scoring - Quick Release

Create a progression of drills for the skills involved in Shooting and Scoring - Quick Release (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 shows a soccer field with a center circle and a center line. Team A (black) is positioned in the center circle, Team B (white) is in the top half, and Team C (grey) is in the bottom half. The goalkeepers are positioned in the goal areas.

Task 6 – Shooting and Scoring - Shooting off a Pass

Create a progression of drills for the skills involved in Shooting off a Pass (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]

Time	Drill Name & Description
Key Teaching Points	

Time	Drill Name & Description
Key Teaching Points	

Time	Drill Name & Description
Key Teaching Points	

Task 7 – Shooting and Scoring - Changing the Shot Angle

Create a progression of drills for the skills involved in Changing the Shot Angle (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)

-Shooting and Scoring Warm-Up / Shooting and Scoring for Forwards/ Shooting and Scoring for Defencemen/

Quick Release/ Shooting off a Move / Changing the Shot Angle

*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 - Shooting and Scoring

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