Hockey Canada

NCCP High Performance 1

Recorded Modules - Skills

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.

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HP1 – Recorded Modules - Post Task - Skills

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

Skills Strengths and Deficiencies

Task 1 – Skills Strengths

Identify the overall Skills 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 – Skills Deficiencies

Identify the overall Skills 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 – Skills Strengths in International Players

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

Task 4 – Skills Deficiencies in International Players

Identify the overall Skills 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)**

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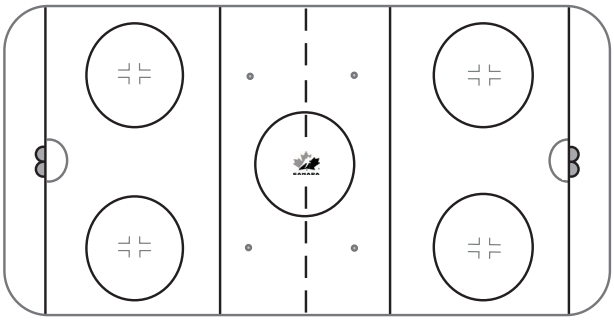
Task 5 – Skills - Agility / Quickness

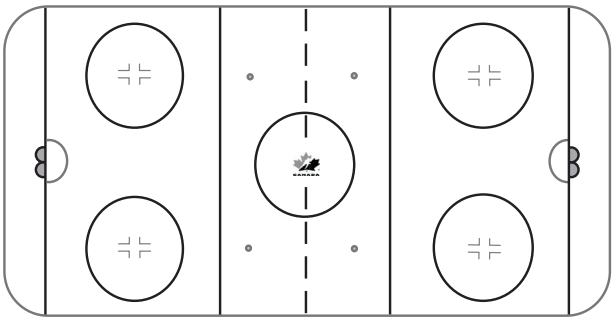
Create a progression of drills for the skills involved in Agility / Quickness Skills (6 drills). Please type the time, drill name, description and key teaching points into the spaces provides below. Print off the practice plan, draw your drills on the rink diagrams and scan the document to send as a 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.

Time	Drill Name & Description



Key Teaching Points

Time	Drill Name & Description



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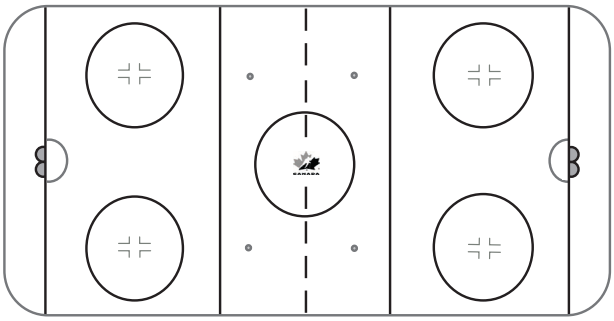

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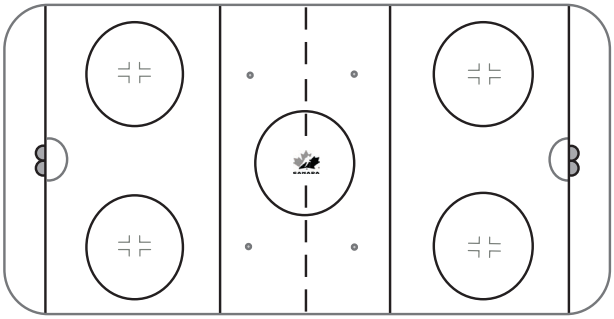

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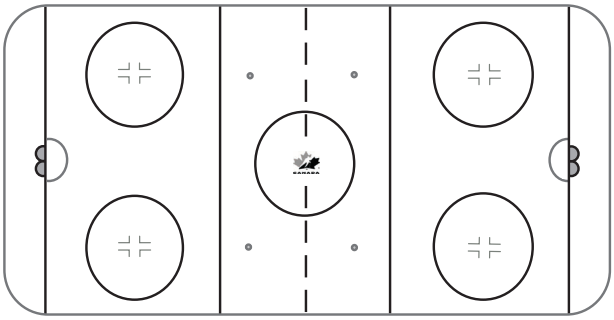

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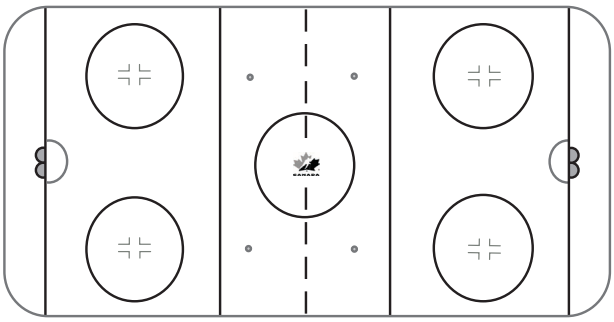

Key Teaching Points

Task 6 – Skills - Deception

Create a progression of drills for the skills involved in Deception (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.

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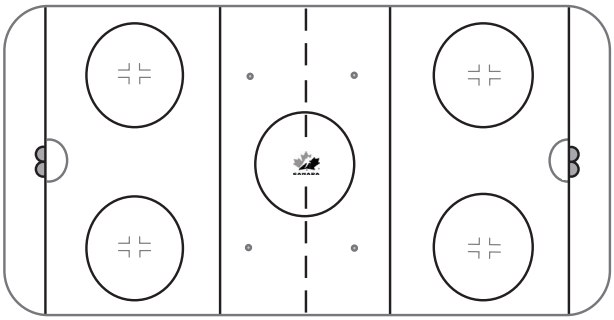

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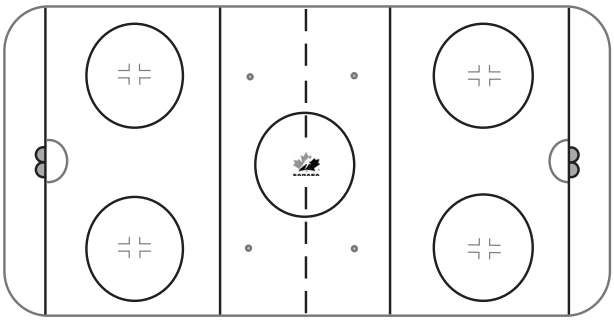

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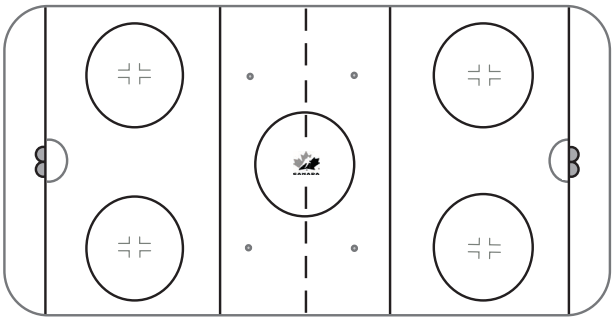

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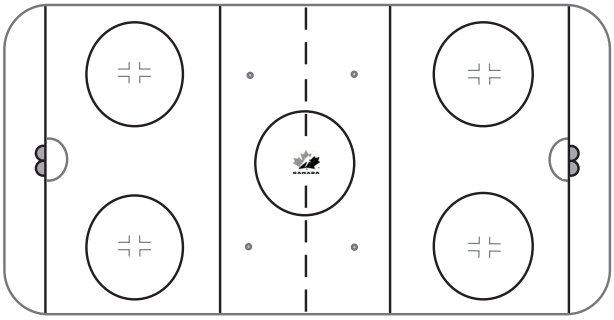

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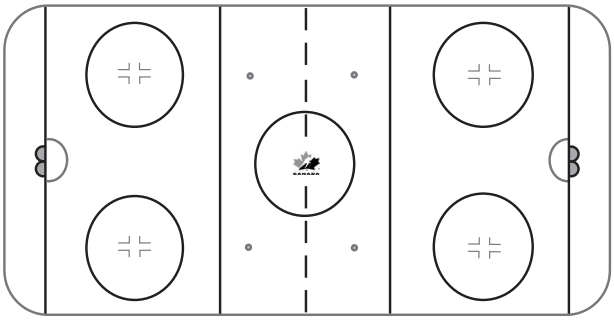

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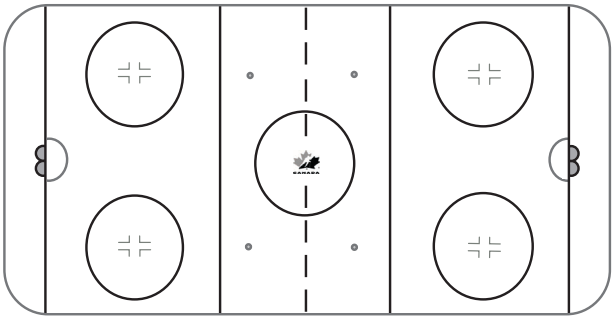

Key Teaching Points

Task 7 – Skills - Puck Protection

Create a progression of drills for the skills involved in Puck Protection Skills (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.

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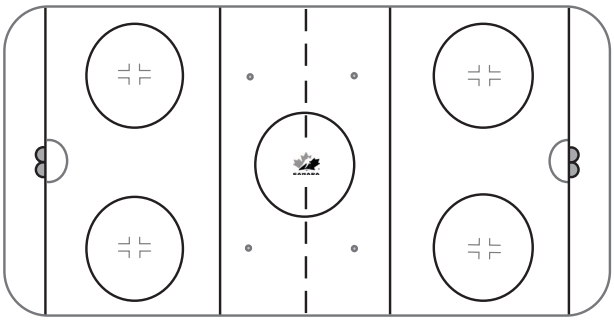

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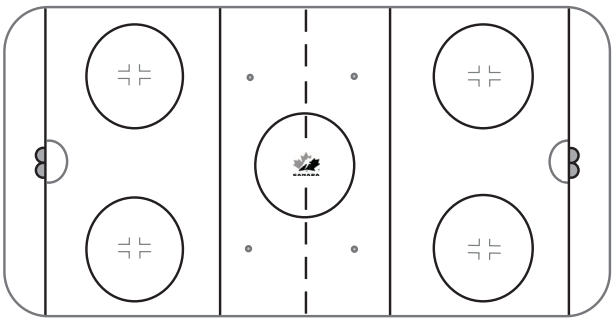

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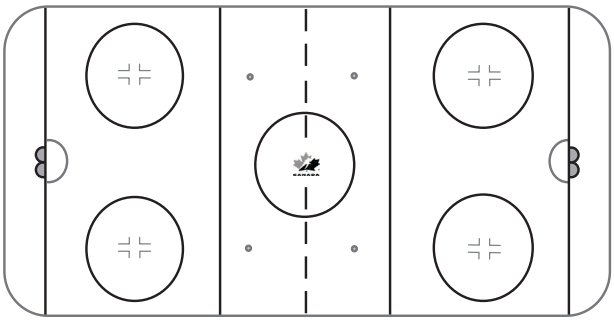

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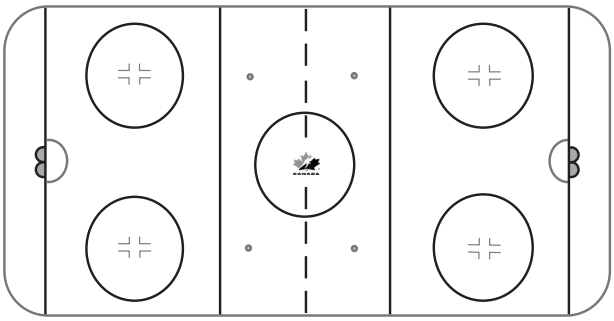

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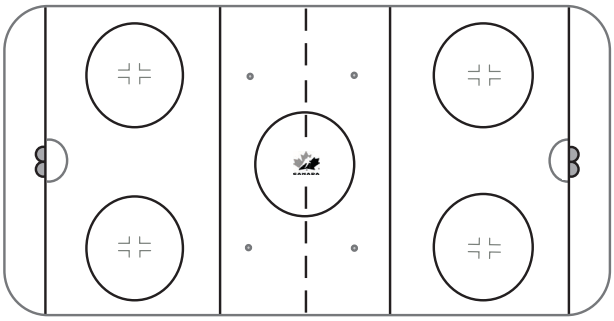

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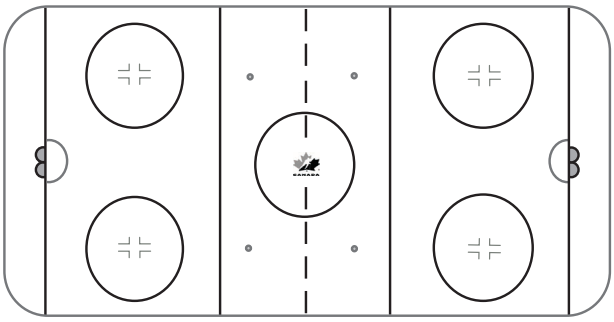

Key Teaching Points

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)

-Skills Warm-Up / Small Area Skills / Deception Skills / Agility / Puck Protection / Creativity

***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 - Skills**

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