



Development

2016-2017

A black and white photograph of Albert Einstein. He is shown from the chest up, looking towards the camera with a slightly surprised or intense expression. He has his characteristic wild, white hair and a thick mustache. He is wearing a dark, textured jacket. His right hand is raised, pointing towards a chalkboard. On the chalkboard, there are mathematical equations written in white chalk. The most prominent one is $R_{ik} = 0$, where the R_{ik} has a dot under the i and a dot under the k . To the right of this, there are several circles drawn with chalk. The background is a dark, textured surface, likely a chalkboard.

« La définition de la folie, c'est refaire toujours la même chose en s'attendant à un résultat différent. »

Albert Einstein

“The definition of insanity is doing the same thing over and over again and expecting different results.”

Albert Einstein



NCCP / NCMP

2015-2016 | Revised NCCP for Hockey

This following illustrates the generic pathway that a Coach would follow in the Revised NCCP for Hockey:



**includes completion of all pre-clinic and in-clinic tasks*

Development 1 (D1) | Competition Introduction

Hockey Canada Policy:

All Head Coaches, that coach teams in **Peewee or above** at **competitive levels**, as determined by the Branch, must be **Development 1 'Certified'** (other than those requiring High Performance 1).

It is recommended that all **Assistant Coaches** have **Development 1 'Trained'** status.

Development 1 (D1) | Competition Introduction

1) Definition of '*Competitive Levels*' per Hockey Canada Policy:

Levels where there is an OHF Championship - **AAA, AA, A**

2) Requirements by Role:

AAA, AA, A:

Head Coaches – Development 1 (D1) - '*Certified*'

Assistant Coaches – Development 1 (D1) - '*Trained*'

Rep Levels Below A:

Head Coaches – Development 1 (D1) - '*Trained*'

Assistant Coaches – Development 1 (D1) - '*Trained*'

Development 1 (D1) | Competition Introduction

3) Rostering Eligibility:

All Coaches must have *'Trained'* status to be added to a Team Roster.

Coaches requiring *'Certified'* status must complete certification process by:

August 31st of current season

4) Certification Maintenance / Qualification Renewal:

- D1 *'Certified'* status is valid for 5 years
- 20 Professional Development Points are required to renew certification

- D1 *'Trained'* status is valid for 5 years
- The development pathway for D1 *'Trained'* Coaches is to move through the certification process or after expiry must take clinic again

Community Coach • Coach 1 (C1) & 2 (C2) | Community Sport

Hockey Canada Policy:

All Coaches coaching **Initiation** must be **Coach 1 – Intro to Coach ‘Trained’**

All Coaches coaching **Novice, Atom, Peewee, Bantam, Midget, Juvenile** in the community sport streams as determined by the branch, must be **Coach 2 – Coach Level ‘Trained’**

2015-2016 | Coaching Requirements

'Trained' vs 'Certified'

- '**Trained**' status is valid for 5 years
- '**Trained**' status indicates the Coach has attended an NCCP clinic.
- It indicates that the Coach is '**in process**' of completing evaluation to be '**Certified**'
- The development pathway for Coaches '**Trained**' status is to move through the certification process

Development 1 (D1) | Competition Introduction

D1 Evaluation to be Certified	Evaluator
<ol style="list-style-type: none"><li data-bbox="100 475 629 522">1. Written Assignment<li data-bbox="100 546 765 594">2. Field Evaluation – Practice<li data-bbox="100 618 738 665">3. MED Comp Intro (online)	<p data-bbox="998 475 1421 522">Local Centre (MHA)</p> <p data-bbox="998 546 1750 594"><i>Hockey Canada to train Evaluators</i></p>

Community Coach • Coach 1 & 2 (C1 & C2) | Community Sport

C2 Evaluation to be Certified	Evaluator
<ol style="list-style-type: none"><li data-bbox="98 476 629 522">1. Written Assignment<li data-bbox="98 548 877 594">2. MED Community Sport (online)	Local Centre (MHA) <i>Hockey Canada to train Evaluators</i>

Community Coach • Coach 1 & 2 (C1 & C2) | Community Sport

1) Requirements by Role:

Below Novice (Initiation & Tyke) – All levels

All Coaches – Coach 1 - Intro to Coach (C1) - *'Trained'*

Novice, Atom – All Rep levels

All Coaches – Coach 2 - Coach Level (C2) - *'Trained'*

Novice, Atom, Pee wee, Bantam, Midget, Juvenile–HL, LL,

All Coaches – Coach 2 - Coach Level (C2) - *'Trained'*

2) Roster Eligibility:

All Coaches must have *'Trained'* status to be added to a Team Roster

3) Certification Maintenance / Qualification Renewal:

- **Coach 1 – Intro Coach** has no expiry (*as is current practice*)
- **Coach 2 – Coach Level *'Certified'* status** is valid for 5 years
- 10 Professional Development Points are required to renew certification
- **Coach 2 – Coach Level *'Trained'* status** is valid for 5 years
- The development pathway for Coach 2 – Coach Level *'Trained'* Coaches is to move through the certification process or after expiry must take clinic again

Development 1 (D1) | Competition Introduction

Development 1 Legacy Pathway

Training Date	Status
Pre-September 2009	<ul style="list-style-type: none">• Theory 1 + Technical 1 + Practical 1 = <i>Certified</i>• Effective Jan. 1, 2015 – 5 year window for CM begins
Sept 2009 – June 30, 2014	<ul style="list-style-type: none">• Clinic attendance + completion of all in-class tasks = <i>Certified</i>• Effective Jan. 1, 2015 – 5 year window for CM begins• Must complete Making Ethical Decisions (MED) Comp Intro online evaluation with 5 years
July 1, 2014 – Present	<ul style="list-style-type: none">• Clinic attendance + completion of all in-class tasks = <i>Trained</i>• Trained Status + Written Assignment + Field Evaluation (Practice) + MED Comp Intro (online) = <i>Certified</i>

Coaching Requirements | Summary

Stream	Head Coach	Ass't Coach
Comp. Dev Rep. - MB/B/MM/M AAA	HP1 - Certified	D1 - Trained
Comp. Intro AAA-A – Peewee & up	D1 - Certified	D1 - Trained
Comp. Intro BB-D – Peewee & up	D1 - Trained	D1 - Trained
Community Rep All categories – Novice & Atom	C2 - Trained	C2 - Trained
HL/LL/MD/RS – Novice & up	C2 - Trained	C2 - Trained
All categories – Initiation/Tyke	C1 - Trained	C1 - Trained

Certification Maintenance | Professional Development

- If Coach does not complete Hockey Canada Certification Maintenance within 5 year window, qualification will revert from *'Certified'* to *'Trained'*

Certification / Stream	5 Years
High Performance 1 (HP1) Competition Development	30 Points
Development 1 (D1) Competition Introduction	20 Points
Coach 2 – Coach Level (C2) Community Sport	10 Points

professional development

NCCP Instructional Stream

- ***Skating***
- ***Skills***
- ***Developing Defensemen***
- ***Checking Skills***
- ***Goaltending***

5 PD points

NCMP Specialty Clinics

- ***Small Area Games***
- ***Planning a Practice***
- ***Coach Refresher***
- ***Branch Coaching Days***

3 PD points

Instructional Stream

NATIONAL COACH CERTIFICATION PROGRAM / HOCKEY CANADA INSTRUCTIONAL STREAMS

Instructional Stream

Skating	Checking Skills	Goaltending	Developing Defencemen	Skills
Level 1, 2 & 3 Certified Advanced	Level 1, 2 & 3 Certified Advanced	Level 1, 2 & 3 Certified Advanced	Level 1, 2 & 3 Certified Advanced	Level 1, 2 & 3 Certified Advanced





Small Area Games | Detroit Red Wings Development Camp





Canada



Russia | Moscow Dynamo



Sweden



Boston | NHL



Anaheim | NHL



Minnesota | NHL



Circle • F

Corner • Ferris State | NCAA



Back-to-Back Nets • Hamilton | AHL



LTPD

Physical literacy

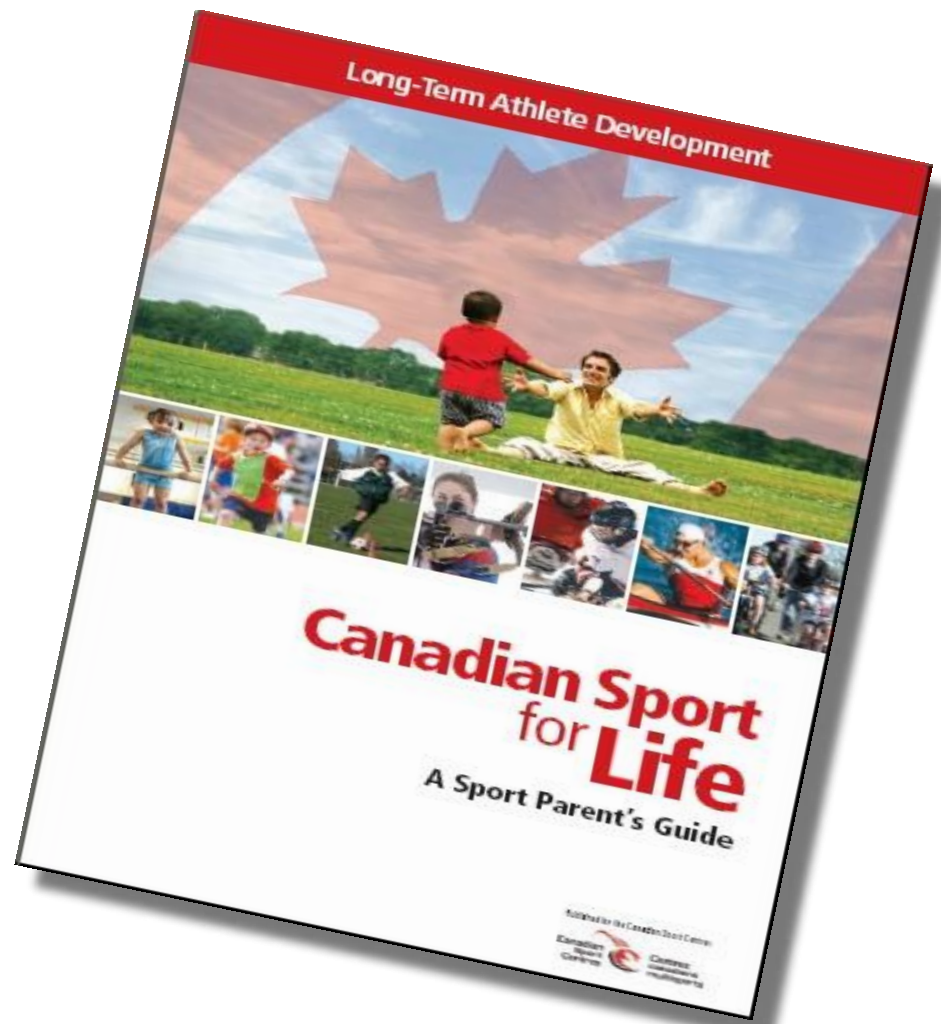
Moving with CONFIDENCE

and COMPETENCE

in a W I D E

variety of activities

and ENVIRONMENTS

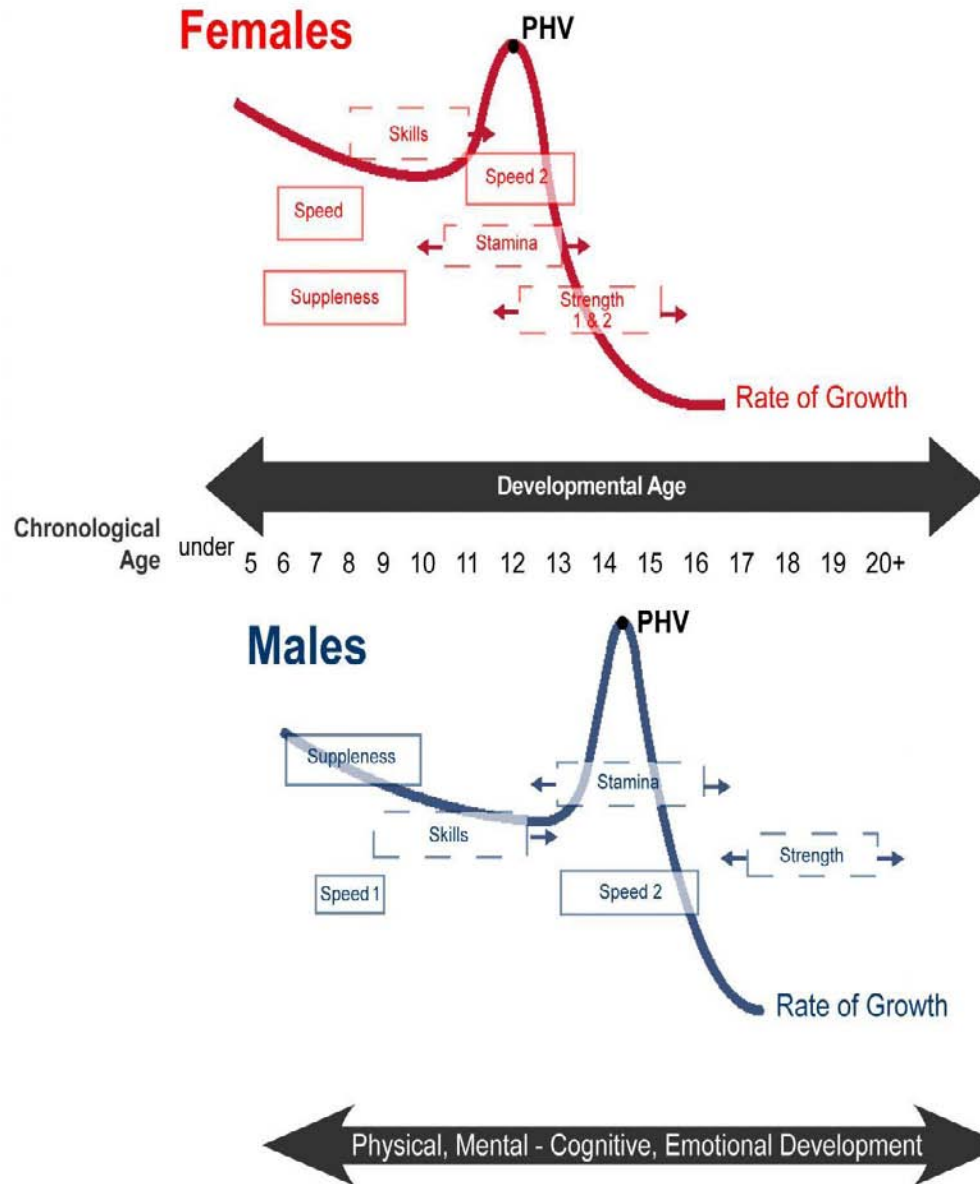


www.canadiansportforlife.ca

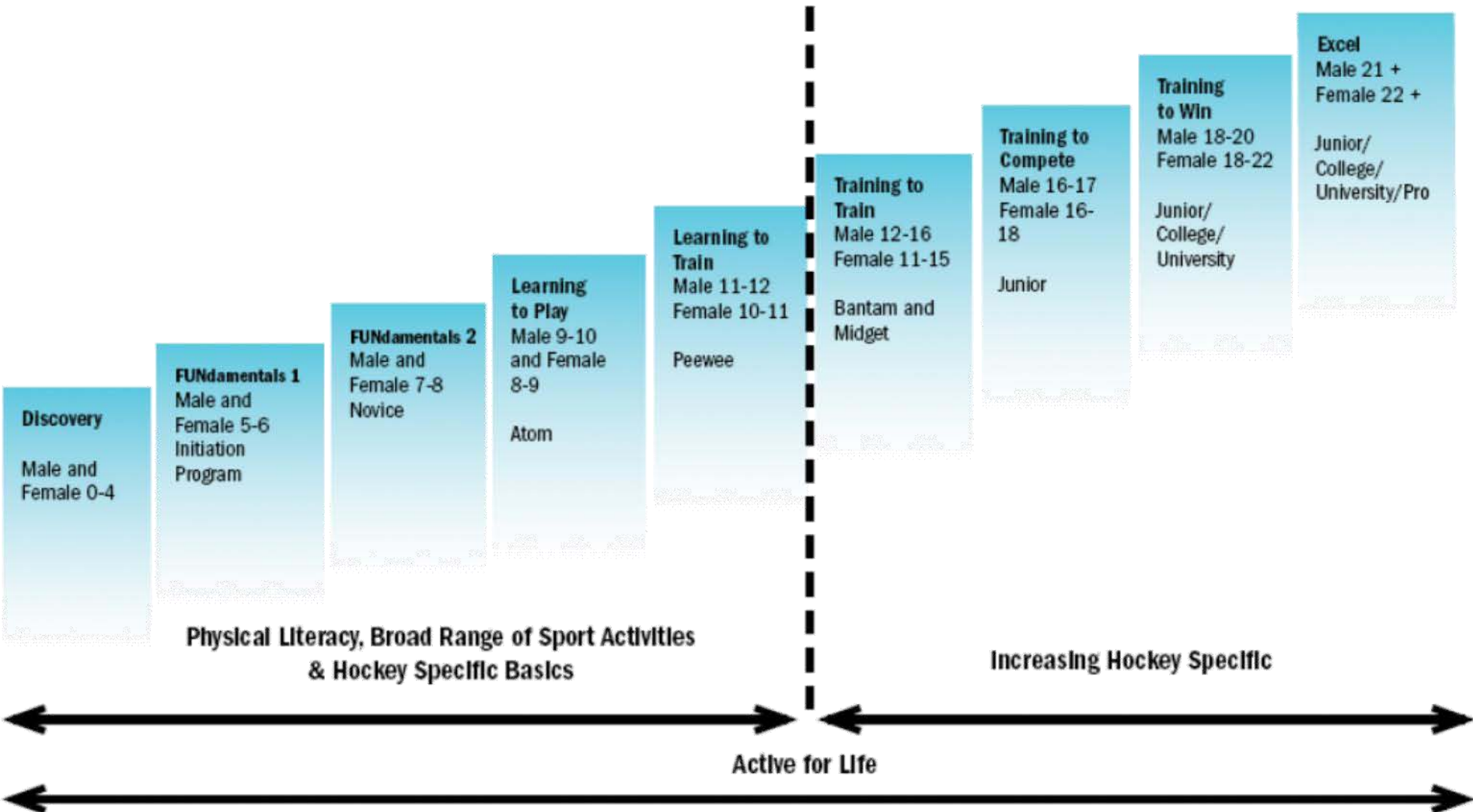
5 Basic S's of Training and Performance

- ❖ ***Stamina (Endurance)***
- ❖ ***Strength***
- ❖ ***Speed***
- ❖ ***Skill***
- ❖ ***Suppleness (Flexibility)***

Sensitive Periods of Training and Performance (Balyi and Way, 2005)



Long-Term Player Development (LTPD)





HOCKEY CANADA CORE SKILLS

PEEWEE



Moving Passing and Receiving	Snap Shot	Slap Shot	Tips and Deflection	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone
<ul style="list-style-type: none"> <input type="checkbox"/> Moving saucer pass - backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> One timer 	<ul style="list-style-type: none"> <input type="checkbox"/> One timer <input type="checkbox"/> In motion 	<ul style="list-style-type: none"> <input type="checkbox"/> Shot / pass deflection – forehand & backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> Chip pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Ladder <input type="checkbox"/> Jackhammer <input type="checkbox"/> Counter attacks

Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Neutral Zone	Breakouts	Offensive Zone	Forechecking
<ul style="list-style-type: none"> <input type="checkbox"/> Change point of attack <input type="checkbox"/> Drag & shoot <input type="checkbox"/> Sprint & shoot <input type="checkbox"/> One timers 	<ul style="list-style-type: none"> <input type="checkbox"/> Pinning <input type="checkbox"/> Body checking <input type="checkbox"/> Shot block 	<ul style="list-style-type: none"> <input type="checkbox"/> Role of F1 <input type="checkbox"/> Role of F2 <input type="checkbox"/> Role of F3 <input type="checkbox"/> Role of D1 <input type="checkbox"/> Role of D2 	<ul style="list-style-type: none"> <input type="checkbox"/> Wheel option <input type="checkbox"/> Quick up <input type="checkbox"/> Over <input type="checkbox"/> D turnback <input type="checkbox"/> D to D reverse 	<ul style="list-style-type: none"> <input type="checkbox"/> Chips <input type="checkbox"/> Cycle <input type="checkbox"/> Back of net play <input type="checkbox"/> Changing the point of attack <input type="checkbox"/> Defenseman activation options 	<ul style="list-style-type: none"> <input type="checkbox"/> OZ 1-2-2 – contact <input type="checkbox"/> OZ 2-1-2 – contact

Special Teams	Face-Offs	Stretching
<ul style="list-style-type: none"> <input type="checkbox"/> Power play <input type="checkbox"/> Penalty kill 	<ul style="list-style-type: none"> <input type="checkbox"/> Defensive zone loss 	<ul style="list-style-type: none"> <input type="checkbox"/> Glutes / hip / lower back <input type="checkbox"/> Thigh / hip flexor <input type="checkbox"/> Calf stretch <input type="checkbox"/> Hamstring / lower back <input type="checkbox"/> Thigh / quad stretch <input type="checkbox"/> Groin stretch <input type="checkbox"/> Chest / pectoral stretch <input type="checkbox"/> Trunk / shoulder <input type="checkbox"/> Forearm stretch <input type="checkbox"/> Neck flexion / rotation



A dark, wide-angle photograph of a snowy field at dusk or dawn. The sky is a deep, dark blue with some light clouds. The ground is covered in snow, and a small, dark, rectangular object is visible in the distance on the right side. The overall scene is very dark and atmospheric.

**FROM THE EYES OF AN 8-YEAR-OLD,
A FULL-SIZED HOCKEY RINK LOOKS A LOT BIGGER**

FUNdamentals

Under 7	Under 9
Length of Season: 28-32 weeks:	Length of Season: 28-32 weeks:
3-4 weeks: Practice and Skill Development	3-4 weeks: Practice and Skill Development
20-24 weeks: Practice and Game Play	20-24 weeks: Practice and Game Play
3 -4 weeks: Tournament/Game Season	3-4 weeks: Tournament/Game Season
Frequency per week: 1-2 times	Frequency per week: 2-3 times
Number of games per season: 20-30 modified , 0-10 full ice	Number of games per season: 15-20 modified , 20-30 full ice

Novice	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	40 - 45	Sept 15	10 weeks 20 practices 2 ex games	Dec 1	14 weeks 28 practices 16 games	N / A	3 tournaments 12 games	30 - 35

Atom	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	45 - 50	Sept 15	6 weeks 12 practices 2 ex games	Nov 1	16 weeks 32 practices 20 games	Mar 15 2 weeks 6 practices 8 games	4 tournaments 16 games	40 - 45

Peewee	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	50 - 55	Sept 15	4 weeks 12 practices 4 ex games	Oct 15	18 wks 36 practices 24 games	Mar 15 2 weeks 6 practices & 8 games	4 tournaments 16 games	45 - 50

Bantam	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	55 - 60	Sept 15	4 weeks 12 practices 2 ex games	Oct 15	20 wks 40 practices 28 games	Mar 15 2 wks 6 practices & 8 games	3 tournaments 12 games	50 - 55

Midget	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	55 - 60	Sept 15	4 weeks 12 practices 4 ex games	Oct 15	20 weeks 40 practices 32 games	Mar 15 2 wks 6 practices 8 games	3 tournaments 12 games	55 - 60

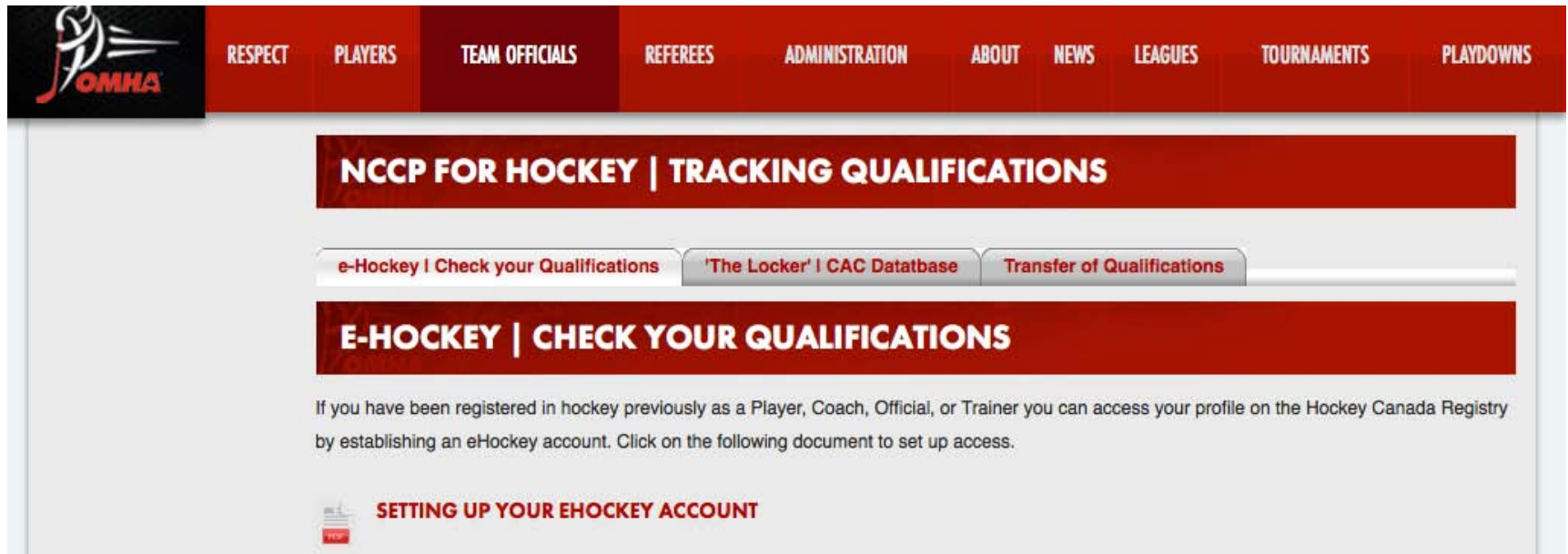


Resources

OMHA Resources and links

The image shows a screenshot of the Ontario Minor Hockey Association (OMHA) website. At the top left is the OMHA logo, which features a stylized hockey player in a black circle with the letters 'OMHA' in red and white. To the right of the logo, the text 'THE OFFICIAL HOME OF' is written in a smaller font, followed by 'ONTARIO MINOR HOCKEY ASSOCIATION' in large, bold, white letters. In the top right corner, there are social media icons for Facebook, Twitter, YouTube, and Instagram. Below the header is a dark red navigation bar with white text for the following categories: HOME, RESPECT, PLAYERS, TEAM OFFICIALS, REFEREES, ADMINISTRATION, ABOUT, NEWS, LEAGUES, TOURNAMENTS, and PLAYDOWNS. Below the navigation bar is a promotional banner for 'OMHA Hockey + Digital Download' and 'The Ultimate Tryout Playbook', featuring an image of a hockey player in action. On the left side, there is a vertical red sidebar with the heading 'CURRENT SECTION' and a list of links: Team Officials, Coaches, Coaching Resources, Long Term Player Dev, Age Specific Player Dev, IIHF Resources, OMHA Symposiums, OMHA Seminar Series, and Game Day Resources. To the right of the sidebar is a large red banner with the text 'COACH & PLAYER RESOURCES' in white. Below this banner is a large image showing a close-up of a hockey rink's surface, focusing on the center circle and the goal crease.

OMHA Resources and links



The screenshot shows the OMHA website interface. At the top left is the OMHA logo, which features a stylized hockey stick and puck. To the right of the logo is a horizontal navigation bar with the following menu items: RESPECT, PLAYERS, TEAM OFFICIALS, REFEREES, ADMINISTRATION, ABOUT, NEWS, LEAGUES, TOURNAMENTS, and PLAYDOWN. Below the navigation bar is a large red banner with the text "NCCP FOR HOCKEY | TRACKING QUALIFICATIONS". Underneath this banner are three buttons: "e-Hockey | Check your Qualifications", "'The Locker' | CAC Datatbase", and "Transfer of Qualifications". Below these buttons is another red banner with the text "E-HOCKEY | CHECK YOUR QUALIFICATIONS". Underneath this banner is a paragraph of text: "If you have been registered in hockey previously as a Player, Coach, Official, or Trainer you can access your profile on the Hockey Canada Registry by establishing an eHockey account. Click on the following document to set up access." At the bottom left of this section is a small icon of a document with the text "SETTING UP YOUR EHOCKEY ACCOUNT" next to it.

Hockey Canada Drill Hub



HOCKEY CANADA
DRILL HUB

PRACTICE PLANS FAQ MORE RESOURCES

Welcome

POWERED BY **SAMSUNG**

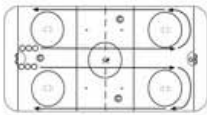
Download hundreds of drills and create a practice plan with the new Hockey Canada Drill Hub, powered by Samsung. Offence, defence, goaltending, special teams, with or without the puck; close to a hundred searchable drill videos, descriptions and diagrams are available for players of all levels.

[CLICK HERE](#) for a list of recently added drills.

All Categories



Skating - Warm-up 01 - Forwards



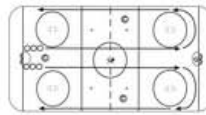
[View Drill PDF](#)

[Watch Drill Video](#)

[Watch Drill Video](#)

Form two lines at hash marks in one end. Provide demonstration of the skills to be performed down the middle of the ice and back along the

Skating - Warm-up 02 - Forwards



[View Drill PDF](#)

[Watch Drill Video](#)

[Watch Drill Video](#)

- Players line up in two lines on the hashmarks
- Both lines can go at the same time or

Login

Thousands of practice plan combinations are just a click away, using the Hockey Canada Drill Hub, powered by Samsung.

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