

# **HOCKEY CANADA**

# Development 1 Written Assignment and Field Evaluation Request Forms

Version 1.0, 2022

You are required to complete this as part of your Development Stream Certification



# WRITTEN ASSIGNMENT AND FIELD EVALUATION REQUEST FORMS

**Development 1 Evaluation Document Package** 

# **Coach Candidate Evaluation Request Form**

Complete all pages in this document and submit to:

	Provincial Member / Member Technical Director: Phone:	Partner:	
	Address:		
	City:	Postal Code:	
Ν	Name:		Phone:
N	Mailing Address:		
_			
C	City:		Province:
Р	Postal Code:		_
E	mail:		<u> </u>
Ν	NCCP – CC#:		<u> </u>
	re Use Only: ceived:		
	Branch Contacted – staff person:		<u></u>
	Evaluator Contacted		
	Documentation sent to evaluator		
Evaluato	r Assigned:		
Email:			
Date:			

# MY COACH DEVELOPMENT PLAN Name: \_\_\_\_\_ Phone: \_\_\_\_\_ **Recent Coaching Experiences:** Organization/Level **Coaching Role** Season Team Coaching Aspirations (What's next?) Short-term goal(s): \_\_\_\_\_\_ Long-term goal(s):

List 3 co	paching skill areas you consider your strengths:
1	
2	
J	
	paching skill areas you wish to improve:
1	
2	
3	

List the steps you would like to take to achieve your goal(s):		
Signed:		
Date:		

# **SEASONAL PLANNING**

Complete and submit one month of your seasonal plan using the template provided to you in this document. The plan submitted will contain the following:

- Age group (U13, U15/18, U21)
- Month and dates
- Number of practices and games
- Goals for the month
- Regular season phase, weeks
- Skills and concepts you will be or have worked on
- Chart the following:
  - o Games and practices
  - o Physical prep / Mental prep / Team building activities
    - Add an additional description that details the purpose of the event to the row below the calendar
  - Team Development (where applicable)
    - Player meetings
    - Team meetings
    - Parent meetings

# U13/15/18 – Seasonal Training Plan

**MONTH 2022** 

(0 Practices | 0 Games)

$\overline{}$	$\overline{}$			_
G	U	Α	L	

- 1. TBD
- 2. TBD
- 3. TBD
- 4. TBD

							4. IBD
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SKILLS / CONCEPTS
Day	Day	Day	Day	Day	Day	Day	COMPETITION PERIOD
							Regular Season Phase (Weeks ** - **)
Day	Day	Day	Day	Day	Day	Day	
_	_	_	_	_	_		
Day	Day	Day	Day	Day	Day	Day	
Day	Day	Day	Day	Day	Day	Day	
Day	Day	Day	Day	Day	Day	Day	
Day	Day	Day	Day	Day	Day	Day	
Physical Pren		Menta	I Dron		Team Deve	Jonmant	Evaluation & Assessment
<u>Physical Prep</u> ■TBD		<u>Menta</u> ■TBD	<u>т РТЕР</u>		<u>ream beve</u> ■TBD	портнеть	■TBD

# **U13 INVENTORY**

	Skating	<b>Puck Control</b>	Passing / Receiving	Shooting	Checking	Goaltending
TECHNICAL SKILLS	Balance and agility Edge Control Starting and Stopping Forward skating and striding Backward Skating Turning and Crossovers	<ul><li>Stationary</li><li>Moving</li></ul>	- Stationary - Moving	<ul> <li>Forehand - wrist shot</li> <li>Backhand - shot</li> <li>Forehand / backhand shots in motion</li> <li>Forehand - flip shot</li> <li>Backhand - flip shot</li> <li>Tips / Deflections</li> <li>Snap / Slap shot</li> </ul>	<ul> <li>Skating / Agility</li> <li>Angling / Positioning</li> <li>Stick Checks</li> </ul>	<ul><li>Skating</li><li>Hands</li><li>Slides</li><li>Rebound Control</li></ul>
TACTICAL SKILLS	Individual Offensive Tactics - Body fakes / shot fakes		Individual I - Angling - Basic 1 on 1's - Gap control - Escape moves - Puck retrievals - Tracking	Defensive Tactics	Team  - Basic Positioning – Zone - Basic Breakouts - Regroups - Entries - Forechecks	Tactics D
	<ul><li>Saving ice</li><li>Physica</li></ul>	l Prep	Men	ital Prep	Team Dev	relopment
OTHER	Warm-up and cool-dov Testing (on-ice and off- Conditioning Nutrition & Hydration Recovery		- Goal-setting - Positive self-talk		<ul><li>Team Building</li><li>Player Meetings</li><li>Parent Meetings</li><li>Admin</li></ul>	

U15 / 18 Inventory

	Skating Skills	<b>Puck Control</b>	Passing / Receiving	Shooting	Checking	Goaltenders
	- Agility / Balance	- Stationary	- Stationary	- Stationary	- Skating / Agility	- Balance and Agility
	- Edge Control	- Moving	- Moving	- Moving	- Angling / Positioning	- Moving Skills
	- Forward Skating	- Small Area Skills	- Puck Support	- 1 Timers	- Stick Checks	- Positioning
S	- Backward Skating	- Agility		- Quick Release	- Body Contact	- Save Selection
SKILLS	- Turning	<ul> <li>Puck Protection</li> </ul>		<ul> <li>Shooting Fakes</li> </ul>	- Body Checking	- Basic Puck Control
r S	- Crossovers	- Creativity		<ul> <li>Changing Puck Angle</li> </ul>		- Advanced Skating
CA	- Transition and Pivots			<ul> <li>Shooting off Pass</li> </ul>		- Eye Skills
Z	- Quickness			<ul><li>Forehand to Backhand /</li></ul>		- Advanced Hands
TECHNICAL				Backhand to Forehand		- Advanced Puck
				- Shooting for Sticks		Handling
						- 10 Scoring Situations
						- Defensive Team Play
						- Offensive Team Play
						- Hockey Sense
	Individual Offer	nsive Tactics		Defensive Tactics		Tactics
	- Attacking 1 on 1		- Defending 1 on 1		- Offensive: Entries, Offens	•
S	- Shaking a Defender 1 on		- Defending in the Corner		- Defensive: Defensive Zon	<b>G</b> .
TACTI	- Screening without the Pu	ıck	- Defending along the Box	ards	- Special Team: PP Breakou	its, PP Setup, PK
ΤĀ			- Backchecking		Forecheck, PK in the DZ	
					- Forechecking: Offensive Z	
					- Transition / Regroups: Ne	•
	Dh	D	0.0	stal Duran	- Face-offs: Techniques, OZ	
	Physical	<u> </u>		ntal Prep	Team Deve	elopment
HER	- Warm-up and cool-down		- Imagery		- Team Building	
Ī	- Testing (on-ice and off-ice)		- Goal-setting		- Player Meetings	
0	- Conditioning		- Positive self-talk		- Parent Meetings	
	<ul><li>Nutrition &amp; Hydration</li><li>Recovery</li></ul>		- Relaxation		- Admin	
	- Necovery					

# **Correct Individual Skill Performance**

# Coach evaluation on performance correction will be evaluated in 2 ways:

- Coach will be observed in practice and the coach's ability to correct errors will be analyzed based on the evidence outlined on the following page
- Coach will submit to their Member Branch or Member Partner corrective measures based on videos in the Hockey Canada Network App using the chart on the following page.

In the Hockey Canada Network App, you will find the 5 separate video clips listed in the chart below. You can find each of these drills within the app by using the search function. Simply open the app and type in the drill as it is listed below. For each of these clips the coach must detect errors in at least one of the demonstrations and offer corrective measures for this player to correct the error.

Clip Name	Player Identified	Error(s) Detected	Corrective Measures
Moving Puck Control – Figure 8's Two Pylons			
Moving Puck Control – Three Crossovers - Carry the puck			
Skating – Quick Feet Crossovers			
Pivots – Open and Reverse			
Skating - Warm Up - Backwards #3			

# PLAN A PRACTICE

# Task #1

Develop and execute three (3) sequential practice plans. Each practice plan must aim to do these three things, and each must be related to the objective of the practice:

- 1 Develop a technical skill
- 2 Develop an individual and a team tactic
- 3 Play a small area game

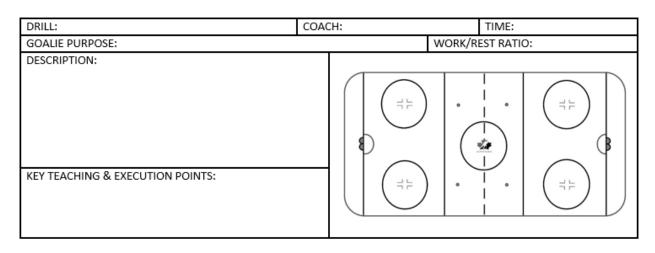
In addition, the practice must:

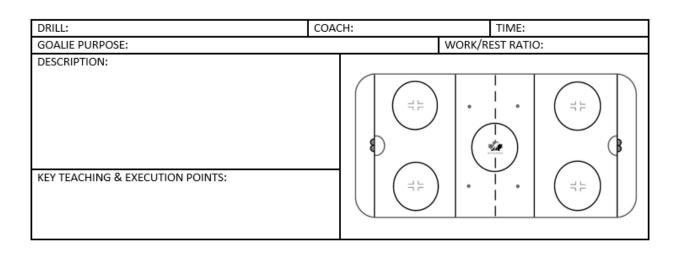
- Progress from start to finish
- Progress to the next practice

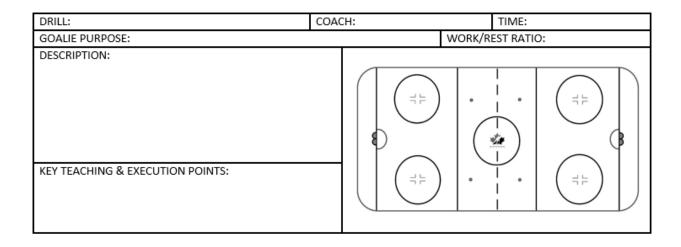
You must take part in a field evaluation of a practice to become certified. This involves submitting a practice plan to your Field Evaluator BEFORE they observe your practice. Your plan must aim to do the same three things as your written task (Task #1 above): 1) develop a technical skill, 2) develop an individual and a team tactic, and 3) play a small area game. And all three must be related to the objective of the practice.

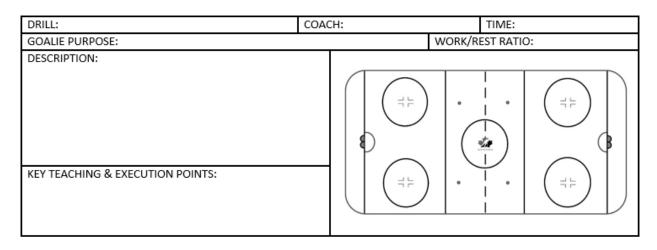
# **Practice 1: Goals and Objectives for the Practice**

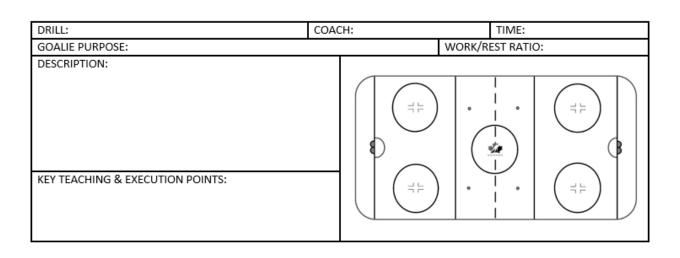
TEAM:	PRAC	CTICE OBJECTIVES:
TEAM RECORD: W L T  DATE: TIME:  LINE UP / FORMATION		
FORWARDS DEFENSE	GOALIES	COACH  C
DRILL: ENERGIZER	COACH:	TIME: 5 MINUTES
GOALIE PURPOSE:		WORK/REST RATIO: 1 / 0
DESCRIPTION:  KEY TEACHING & EXECUTION POINTS:		
DRILL:	COACH:	TIME:
GOALIE PURPOSE:	00710111	WORK/REST RATIO:
DESCRIPTION:  KEY TEACHING & EXECUTION POINTS:	•	

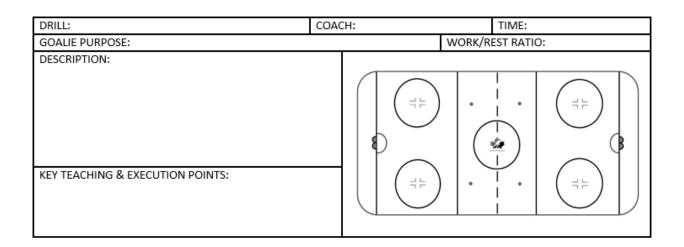










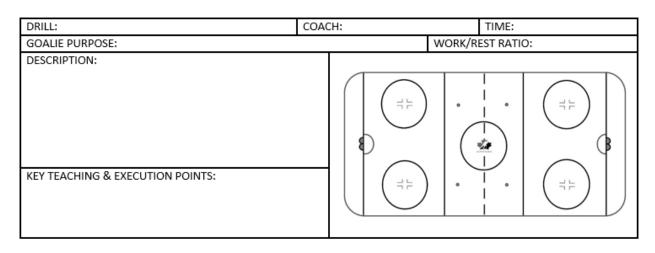


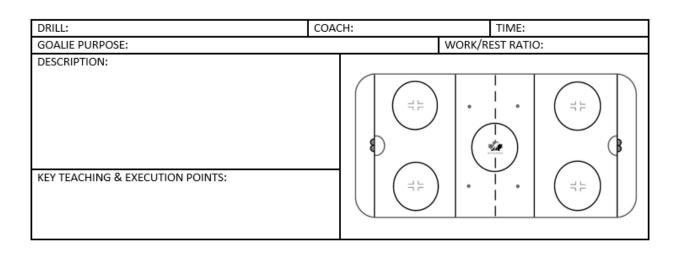
# **Self-assessment Form**

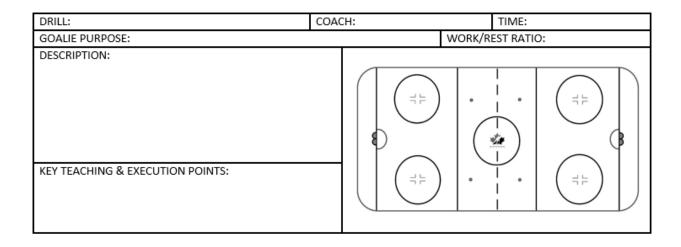
Coach:	Start Time:	Finish T	ime:		
Team/Level:	Date:				
Rating Scale: 3 – Above Expectation	s, 2 – Met Expectations, 1	. – Below Ex	pectations	, N/A – Not	Applicable
	Pre-Practice	Preparation			
Objectives • Have identified specific tec	hnical and tactical objectives	3	2	1	N/A
Organization • Pre-ice presentation, prep • Equipment required	of assistants	3	2	1	N/A
• Clear, organized, diagrams, related to objectives	warm-up and cool-down,	3	2	1	N/A
• Practice plan fits into yearl • Objectives and drill progres		3	2	1	N/A
	Prac	tice			
<ul><li>Use of Drills</li><li>Full participation</li><li>Teach skills and tactics effe</li><li>Use drill progressions from</li></ul>		3	2	1	N/A
Teaching Techniques <ul><li>Allowed time for teaching a</li><li>Demonstrations effective</li><li>Effective use of voice and b</li></ul>	and demo	3	2	1	N/A
<ul><li>Error Correction</li><li>Immediate and appropriate</li><li>Repetition of drills where r</li></ul>	e feedback	3	2	1	N/A
Rapport with Players <ul><li>Positive communicator</li><li>Non-threatening, relaxed e</li><li>Evidence of player enjoyment</li></ul>		3	2	1	N/A
<ul> <li>Organization</li> <li>Used full ice when necessa</li> <li>Attention to risk managem</li> <li>Follow practice outline</li> <li>Use of on-ice assistants – s</li> </ul>	ent	3	2	1	N/A
3 Things that went well	:	3 Things to i	mprove on:		

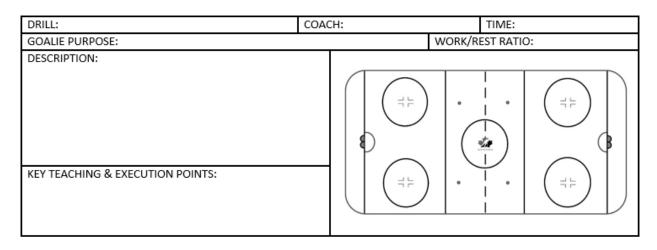
# **Practice 2: Goals and Objectives for the Practice**

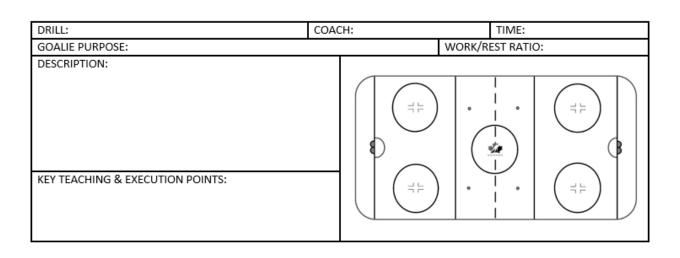
TEAM:	PRACTICE OBJECTIVES:
TEAM RECORD: W L T	_
DATE: TIME:	
LINE UP / FORMATION	
FORWARDS DEFENSE	→ SHOOTING  DEFENDERS  PASS
DRILL: ENERGIZER	COACH: TIME: 5 MINUTES
GOALIE PURPOSE:	WORK/REST RATIO: 1 / 0
KEY TEACHING & EXECUTION POINTS:	
DRILL:	COACH: TIME:
GOALIE PURPOSE:	WORK/REST RATIO:
DESCRIPTION:  KEY TEACHING & EXECUTION POINTS:	

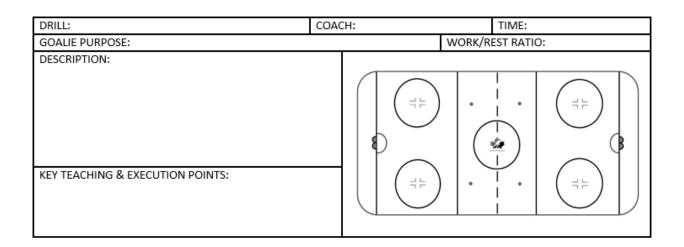










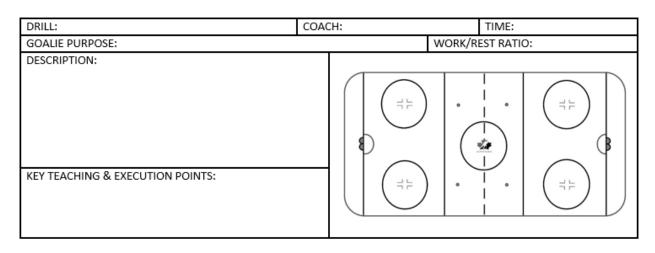


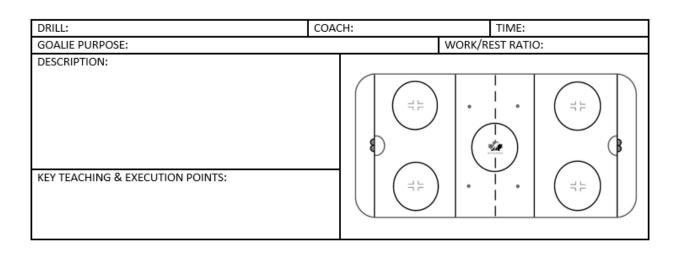
# **Self-assessment Form**

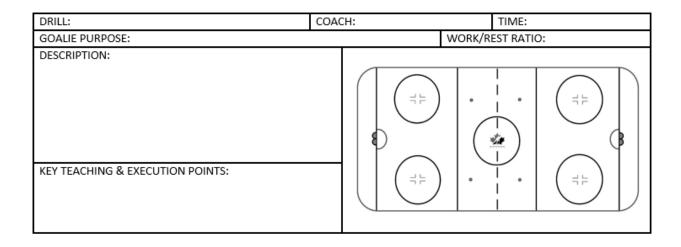
Coach:	Start Time:	Finish T	ime:		
Team/Level:	eam/Level: Date:				
Rating Scale: 3 – Above Expectation	s, 2 – Met Expectations, 1	. – Below Ex	pectations	, N/A – Not	Applicable
	Pre-Practice	Preparation			
Objectives • Have identified specific tec	hnical and tactical objectives	3	2	1	N/A
Organization • Pre-ice presentation, prep of assistants • Equipment required		3	2	1	N/A
Practice Outline Clear, organized, diagrams, warm-up and cool-down, related to objectives		3	2	1	N/A
Components of Yearly Plan  • Practice plan fits into yearly plan  • Objectives and drill progressions relate to previous practice		3	2	1	N/A
	Prac	tice			
<ul><li>Use of Drills</li><li>Full participation</li><li>Teach skills and tactics effe</li><li>Use drill progressions from</li></ul>		3	2	1	N/A
<ul> <li>Teaching Techniques</li> <li>Allowed time for teaching and demo</li> <li>Demonstrations effective</li> <li>Effective use of voice and body language</li> </ul>		3	2	1	N/A
<ul><li>Error Correction</li><li>Immediate and appropriate</li><li>Repetition of drills where r</li></ul>	e feedback	3	2	1	N/A
Rapport with Players <ul><li>Positive communicator</li><li>Non-threatening, relaxed e</li><li>Evidence of player enjoyment</li></ul>		3	2	1	N/A
<ul> <li>Organization</li> <li>Used full ice when necessa</li> <li>Attention to risk managem</li> <li>Follow practice outline</li> <li>Use of on-ice assistants – s</li> </ul>	ent	3	2	1	N/A
3 Things that went well	:	3 Things to i	mprove on:		

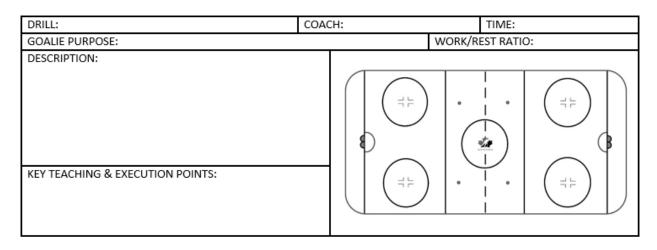
# **Practice 3: Goals and Objectives for the Practice**

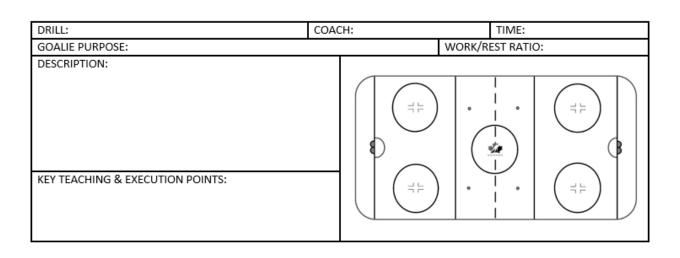
TEAM:	PRACTICE OBJECTIVES:
TEAM RECORD: W L T	_
DATE: TIME:	
LINE UP / FORMATION	
FORWARDS DEFENSE	GOALIES   C COACH PUCK CARRYING  FORWARDS ⇒ SHOOTING  DEFENDERS → PASS  G GOALTENDERS → DROP PASS  STOP BACKWARD SKATE  BACKWARD SKATE  BACKWARD SKATE  BACKWARD SKATE  BACKWARD SKATE  BACKWARD SKATE  DEFENSIVE PRESSURE
DRILL: ENERGIZER	COACH: TIME: 5 MINUTES
GOALIE PURPOSE:	WORK/REST RATIO: 1 / 0
DESCRIPTION:  KEY TEACHING & EXECUTION POINTS:	
··	Trians.
DRILL: GOALIE PURPOSE:	COACH: TIME: WORK/REST RATIO:
DESCRIPTION:  KEY TEACHING & EXECUTION POINTS:	WORK/REST RATIO:

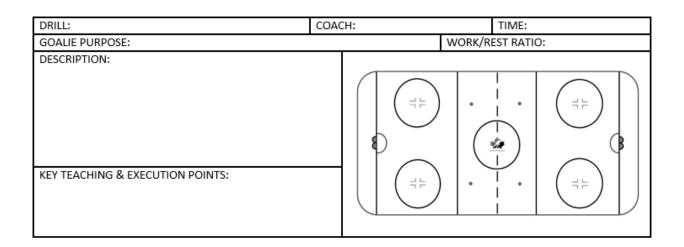












# **Self-assessment Form**

Coach:	Start Time:	Finish T	ime:		
Team/Level:	eam/Level: Date:				
Rating Scale: 3 – Above Expectation	ıs, 2 – Met Expectations, 1	. – Below Ex	pectations	, N/A – Not	Applicable
	Pre-Practice	Preparation			
Objectives • Have identified specific tec	hnical and tactical objectives	3	2	1	N/A
Organization • Pre-ice presentation, prep of assistants • Equipment required		3	2	1	N/A
Practice Outline  • Clear, organized, diagrams, warm-up and cool-down, related to objectives		3	2	1	N/A
Components of Yearly Plan  • Practice plan fits into yearly plan  • Objectives and drill progressions relate to previous practice		3	2	1	N/A
	Prac	tice			
<ul><li>Use of Drills</li><li>Full participation</li><li>Teach skills and tactics effe</li><li>Use drill progressions from</li></ul>	-	3	2	1	N/A
<ul> <li>Teaching Techniques</li> <li>Allowed time for teaching and demo</li> <li>Demonstrations effective</li> <li>Effective use of voice and body language</li> </ul>		3	2	1	N/A
<ul><li>Error Correction</li><li>Immediate and appropriate</li><li>Repetition of drills where r</li></ul>	e feedback	3	2	1	N/A
Rapport with Players <ul><li>Positive communicator</li><li>Non-threatening, relaxed e</li><li>Evidence of player enjoyment</li></ul>		3	2	1	N/A
<ul> <li>Organization</li> <li>Used full ice when necessa</li> <li>Attention to risk managem</li> <li>Follow practice outline</li> <li>Use of on-ice assistants – s</li> </ul>	ent	3	2	1	N/A
3 Things that went well	:	3 Things to i	mprove on:		

# **Complete an Emergency Action Plan**

### Task #1

# **Written Assignment**

As you prepare for the season, you realize that one Emergency Action Plan (EAP) is not enough. At least one facility your teams plays in will need an EAP that's different from the one you created for your home facility.

Develop and submit the following to the Field Evaluator:

- A one- or two-page EAP specific to a facility that you are not completely familiar with that specifies:
  - The location of telephones, exits, first aid kit, and automated external defibrillator (AED)
  - Emergency telephone numbers
  - Directions to the activity site; this may include a map or a list of key instructions
  - The location of medical profiles for each athlete under your care
  - The designated Charge Person, Call Person, and Control Person

A template has been provided on the next page; however, you may use your own format for this EAP.

### Task #2

## **Field Evaluation**

Develop and submit the following to the Field Evaluator BEFORE they observe your practice:

- An EAP of your home practice facility that specifies:
  - The location of telephones, exits, first aid kit, and AED
  - Emergency telephone numbers
  - Directions to the activity site; this may include a map or a list of key instructions
  - The location of medical profiles for each athlete under your care
  - The designated Charge Person, Call Person, and Control Person

A template has been provided on the next page; however, you may use your own format for this EAP.

# An Emergency Action Plan for Hockey

# Please locate and identify area on map: Legend Phone ...... P Exits ...... E First aid... FA AED. ..... AED

#### **Arena Information**

# **Roles**

#### Safety Person / Charge Person

- Initially takes control of the situation.
- Instructs player to lay still and bystanders, such as other players, not to move player.
- Do not move the athlete.
- Assess injury status of player, decide if an ambulance/medical care is required.
- If the injury is serious and warrants immediate attention that you are not qualified to provide, make your predetermined signal to your call person, control person and your pre-determined first aid/medical person.

Mana			

#### **Call Person**

- Makes call when emergency assistance required (tests their cell phone in the facility to ensure it will work).
- Know location of alternate phones in the facility being played in. Have change or a phone card if necessary.
- Ideally at all games and practices and not involved on the bench.
- Has a list of emergency phone numbers in the area of the facility.
- Has a diagram displaying specific directions and best route to the arena facility.

Name:			
manne.			

#### **Control Person**

- Pre-determine the location of the AED and other emergency equipment in the facility.
- Retrieving the AED and/or first aid kit and bringing to the injured player if requested.
- Seek highly-trained medical personnel in the facility if requested by the Charge Person
- Ensure teammates, other participants and spectators are not in the way of the charge person.
- Advise opponents, on-ice officials, arena staff and parents of the steps being taken
- Ensure the quickest and best route for the ambulance crew to the ice surface is clear and accessible.
- Meet the ambulance on its arrival and direct EMS to the injured player.

Name:	