



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
<https://www.noha-hockey.com/>



NOHA National Coach Certification Program (NCCP) Clinic Background

Development 1 Clinic

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| Time Facilitating | 16 Hours, usually spread out over a Friday and Saturday <ul style="list-style-type: none">• 14 Hours – In-Class• 2 Hours – On-Ice |
| Average Class Size | 10 to 15 Attendees |
| Stage of Long-Term Player Development (LTPD) | <ul style="list-style-type: none">• Learning to Train• Training to Train• Training to Compete |
| Coaches that Attend | Head Coaches: <ul style="list-style-type: none">• Under-13 (Peewee) AAA to C• Under-15 (Bantam) AA to C• Under-18 (Midget) AA to C Assistant Coaches: <ul style="list-style-type: none">• Under-13 (Peewee) AAA to C• Under-15 (Bantam) AA to C• Under-18 (Midget) AA to C• Junior A |
| Outcomes and Criteria | Provide Support to Athletes in Training <ul style="list-style-type: none">• Ensure that the PRACTICE environment is safe• Run an appropriately structured and organized practice• Make interventions that promote learning Plan a Practice <ul style="list-style-type: none">• Identify appropriate logistics for the practice• Identify appropriate activities for each part of practice• Design and implement an emergency action plan Analyze Performance <ul style="list-style-type: none">• Detect individual skill performance• Correct individual skill performance• Detect individual tactical performance• Correct individual tactical performance Make Ethical Decisions <ul style="list-style-type: none">• Apply an ethical decision-making process |
| Topics Discussed | <ul style="list-style-type: none">• Introduction• Communications Philosophy• Make Ethical Decisions• Team Building• Drill Design• Technical Skills |



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| | <ul style="list-style-type: none">• Developing Drill Progressions• Safety• Developing Athletic Abilities• Seasonal Planning• Individual Skills and Tactics• 2-3 – Player Team Tactics• Goaltending Introduction• Transition• Practice Planning• Arena Session with Representative or AAA team• Clinic Wrap up |
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Coach 2 – Coach Level Clinic

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| Time Facilitating | 4 Hours, usually spread out over a weeknight or weekend morning <ul style="list-style-type: none">• 3 Hours – In-Class• 1 Hour – On-Ice |
| Average Class Size | 15 to 20 Attendees |
| Stage of Long-Term Player Development (LTPD) | <ul style="list-style-type: none">• Learning to Play• Active for Life |
| Coaches that Attend | Head Coaches: <ul style="list-style-type: none">• Under-11 (Atom) AA to Houseleague• Under-13 (Peewee) Houseleague• Under-15 (Bantam) Houseleague• Under-18 (Midget) Houseleague Assistant Coaches: <ul style="list-style-type: none">• Under-11 (Atom) AA to Houseleague• Under-13 (Peewee) Houseleague• Under-15 (Bantam) Houseleague• Under-18 (Midget) Houseleague |
| Outcomes and Criteria | Keep the Players Safe and Moving <ul style="list-style-type: none">• Number one priority of a coach should be safety.• Every participant is engaged and active. Emphasize the Fundamentals <ul style="list-style-type: none">• To encourage coaches to build a strong foundation of coaching skills and technique to teach the basic skills of hockey properly• To encourage coaches to focus on technical skill development, as opposed to team play and strategy. Incorporate Progressive Skills Development for Every Participant <ul style="list-style-type: none">• To encourage every coach to teach every child on the team. |



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| Topics Discussed | <ul style="list-style-type: none"> • Teach skills in the proper order • Welcome <ul style="list-style-type: none"> ○ Key Outcomes ○ Review of On-Line Components ○ Long-Term Player Development (LTPD) • The Practice Environment <ul style="list-style-type: none"> ○ Emergency Action Plan (EAP) ○ Use of Resources - Use of Hockey Canada Network App ○ Practice Delivery • Developing Skills <ul style="list-style-type: none"> ○ Skill Progressions ○ Skill Analysis / Detecting and correcting errors • On-Ice Overview <ul style="list-style-type: none"> ○ Awareness/Safety ○ Drills • On-Ice Session <ul style="list-style-type: none"> ○ Skating ○ Puck Control ○ Use of Stations ○ Small Area Game |
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Coach 1 – Intro to Coach Clinic

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| Time Facilitating | 4.5 Hours, usually spread out over a weeknight or weekend morning <ul style="list-style-type: none"> • 3.5 Hours – In-Class • 1 Hour – On-Ice |
| Average Class Size | 15 to 20 Attendees |
| Stage of Long-Term Player Development (LTPD) | <ul style="list-style-type: none"> • FUNdamentals 1 • FUNdamentals 2 |
| Coaches that Attend | Head Coaches: <ul style="list-style-type: none"> • Under-7 (Initiation) • Under-9 (Novice) Tier-1 and Tier-2 Assistant Coaches: <ul style="list-style-type: none"> • Under-7 (Initiation) • Under-9 (Novice) Tier-1 and Tier-2 |
| Outcomes and Criteria | Introduce coaches to Under-7 and Under-9 Hockey Keep the Players Safe and Moving <ul style="list-style-type: none"> • Number one priority of a coach should be safety. • Every participant is engaged and active. |



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| | <p>Emphasize the Fundamentals</p> <ul style="list-style-type: none">• To encourage coaches to build a strong foundation of coaching skills and technique to properly teach the basic skills of hockey.• To encourage coaches to focus on technical skill development, as opposed to team play and strategy.• Small Area Games <p>Incorporate Progressive Skills Development for Every Participant</p> <ul style="list-style-type: none">• To encourage every coach to teach every child on the team.• Teach skills in the proper order |
| Topics Discussed | <ul style="list-style-type: none">• Welcome<ul style="list-style-type: none">○ Key Outcomes○ Review of On-Line Components○ Long-Term Player Development (LTPD)• The Practice Environment<ul style="list-style-type: none">○ Emergency Action Plan (EAP)○ Use of Resources - Use of Hockey Canada Network App○ Practice Delivery○ Half ice / Shared ice Practices• Developing Skills<ul style="list-style-type: none">○ Skill Progressions○ Skill Analysis / Detecting and correcting errors• On-Ice Overview<ul style="list-style-type: none">○ Awareness/Safety○ Drills• On-Ice Session<ul style="list-style-type: none">○ Skating○ Puck Control○ Use of Stations○ Small Area Game |

Instructional Stream – Checking Skills 1 Clinic

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| Time Facilitating | 3.5 to 4 Hours, usually spread out over a weeknight or weekend morning <ul style="list-style-type: none">• 2.5 Hours – In-Class• 1 to 1.5 Hour – On-Ice |
| Average Class Size | 10 to 15 Attendees |
| Stage of Long-Term Player Development (LTPD) | <ul style="list-style-type: none">• Training to Train• Training to Compete |
| Coaches that Attend | Head Coaches: |



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| | <ul style="list-style-type: none"> • Under-13 (Peewee) AAA to C • Under-15 (Bantam) AAA to C • Under-18 (Midget) AAA to C <p>Assistant Coaches:</p> <ul style="list-style-type: none"> • Under-13 (Peewee) AAA to C • Under-15 (Bantam) AAA to C • Under-18 (Midget) AAA to C |
| Outcomes and Criteria | <p>Goals for the Participant</p> <ul style="list-style-type: none"> • Know the difference between Body Contact and Body Checking. • Understand the age appropriate skills needed to develop better checking skills with your players. • Identify the inherit risks associated with checking. • Coach players and teach & develop their safe checking skills. • Teach and design specific drills to develop vision and awareness. • Understand and implement the proper checking progression needed for safe hockey. |
| Topics Discussed | <ul style="list-style-type: none"> • Introduction: Developing Checking Skills <ul style="list-style-type: none"> ○ Requirement ○ Difference between Body Checking and Body Contact • Developing a Skill Base: Skill Acquisition in Young Players <ul style="list-style-type: none"> ○ Checking Skills Pyramid ○ Purpose of Checking ○ Characteristics of a good Checker? ○ Checking Safely ○ Important rules to remember • Teaching Skills: The Four Phases of Checking <ul style="list-style-type: none"> ○ Skating and Agility ○ Angling and Positioning ○ Stick Checks ○ Body Contact and Contact Confidence ○ Body Checking ○ Checking and Respect • Roles and Responsibilities: Managing the Checking Game <ul style="list-style-type: none"> ○ Important “Nevers” ○ Fair Play Codes ○ Role of the Official ○ Role of the MHA ○ Role of the Parent |



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