



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
 NORTH BAY, ONTARIO P1A 2A8
 PHONE: (705) 474-8851 • FAX: (705) 474-6019
 www.noha.on.ca



NCCP Coaching Clinics Background

Development 1 Clinic

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"> • Pee wee AAA to D • Bantam AA to D • Midget AA to D Assistant Coaches: <ul style="list-style-type: none"> • Pee wee AAA to D • Bantam AA to D • Midget AA to D • 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 • Developing Drill Progressions • Safety



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	<ul style="list-style-type: none"> • 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

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"> • Atom AAA to HL • Pee wee HL • Bantam HL • Midget HL Assistant Coaches: <ul style="list-style-type: none"> • Atom AAA to HL • Pee wee HL • Bantam HL • Midget HL
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. • 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



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	<ul style="list-style-type: none"> ○ 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

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"> ● Initiation ● Novice Assistant Coaches: <ul style="list-style-type: none"> ● Initiation ● Novice
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 properly teach the basic skills of hockey. ● To encourage coaches to focus on technical skill development, as opposed to team play and strategy. Incorporate Progressive Skills Development for Every Participant



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	<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

Time Facilitating	4 Hours, usually spread out over a weeknight or
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: <ul style="list-style-type: none"> • Pee wee AAA to D • Bantam AAA to D • Midget AAA to D Assistant Coaches: <ul style="list-style-type: none"> • Pee wee AAA to D • Bantam AAA to D • Midget AAA to D
Outcomes and Criteria	Goals for the Participant <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.



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	<ul style="list-style-type: none">• 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