



# NORTHERN ONTARIO HOCKEY ASSOCIATION

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



## NOHA National Coach Certification Program (NCCP) Clinic Background

### Development 1 Clinic

Time Facilitating	14 to 16 Hours, usually spread out over a Friday and Saturday <ul style="list-style-type: none"><li>• 5 Hours – Online</li><li>• 7.5 Hours – In-Class</li><li>• 1.5 Hours – On-Ice</li></ul>
Average Class Size	10 to 20 Attendees
Stage of Long-Term Player Development (LTPD)	<ul style="list-style-type: none"><li>• Learning to Train</li><li>• Training to Train</li><li>• Training to Compete</li></ul>
Coaches that Attend	Head Coaches: <ul style="list-style-type: none"><li>• Under-13 (Peewee) AAA to C</li><li>• Under-15 (Bantam) AA to C</li><li>• Under-18 (Midget) AA to C</li></ul> Assistant Coaches: <ul style="list-style-type: none"><li>• Under-13 (Peewee) AAA to C</li><li>• Under-15 (Bantam) AA to C</li><li>• Under-18 (Midget) AA to C</li><li>• Junior A</li></ul>
Outcomes and Criteria	Provide Support to Athletes in Training <ul style="list-style-type: none"><li>• Ensure that the practice environment is safe.</li><li>• Run an appropriately structured and organized practice</li><li>• Make interventions that promote learning</li></ul> Plan a Practice <ul style="list-style-type: none"><li>• Identify appropriate logistics for the practice</li><li>• Identify appropriate activities for each part of practice</li><li>• Design and implement an emergency action plan</li></ul> Analyze Performance <ul style="list-style-type: none"><li>• Detect individual skill performance</li><li>• Correct individual skill performance</li><li>• Detect individual tactical performance</li><li>• Correct individual tactical performance</li></ul> Make Ethical Decisions <ul style="list-style-type: none"><li>• Apply an ethical decision-making process</li></ul>
Topics Discussed	Online: <ul style="list-style-type: none"><li>• Introduction</li><li>• Coaching Skills<ul style="list-style-type: none"><li>○ Transformation Coaching</li><li>○ Team Culture</li><li>○ Communication</li></ul></li><li>• Make Hockey Safe<ul style="list-style-type: none"><li>○ Safety and Risk Management</li></ul></li></ul>



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	<ul style="list-style-type: none"> <li>○ Social Media</li> <li>● Make Ethical Decisions</li> </ul> <p>In-Class:</p> <ul style="list-style-type: none"> <li>● Introduction</li> <li>● Preparing to Plan <ul style="list-style-type: none"> <li>○ Seasonal planning - introduction</li> <li>○ Pillars of performance</li> <li>○ Technical skills</li> <li>○ Individual tactics</li> <li>○ Team tactics</li> <li>○ Transition</li> <li>○ Goaltending</li> </ul> </li> <li>● Planning to Teach <ul style="list-style-type: none"> <li>○ Drill design and progression</li> <li>○ Practice design and on-ice prep</li> <li>○ Seasonal planning – tying it all together.</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>● Arena Session with Representative or AAA team</li> <li>● Clinic Wrap up</li> </ul>
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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"> <li>● 3 Hours – In-Class</li> <li>● 1 Hour – On-Ice</li> </ul>
Average Class Size	15 to 20 Attendees
Stage of Long-Term Player Development (LTPD)	<ul style="list-style-type: none"> <li>● Learning to Play</li> <li>● Active for Life</li> </ul>
Coaches that Attend	<p>Head Coaches:</p> <ul style="list-style-type: none"> <li>● Under-11 (Atom) AA to Houseleague</li> <li>● Under-13 (Peewee) Houseleague</li> <li>● Under-15 (Bantam) Houseleague</li> <li>● Under-18 (Midget) Houseleague</li> </ul> <p>Assistant Coaches:</p> <ul style="list-style-type: none"> <li>● Under-11 (Atom) AA to Houseleague</li> <li>● Under-13 (Peewee) Houseleague</li> <li>● Under-15 (Bantam) Houseleague</li> <li>● Under-18 (Midget) Houseleague</li> </ul>
Outcomes and Criteria	<p>Keep the Players Safe and Moving</p> <ul style="list-style-type: none"> <li>● Number one priority of a coach should be safety.</li> <li>● Every participant is engaged and active.</li> </ul> <p>Emphasize the Fundamentals</p> <ul style="list-style-type: none"> <li>● To encourage coaches to build a strong foundation of coaching skills and technique to teach the basic skills of</li> </ul>



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

### 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"><li>• 3.5 Hours – In-Class</li><li>• 1 Hour – On-Ice</li></ul>
Average Class Size	15 to 20 Attendees
Stage of Long-Term Player Development (LTPD)	<ul style="list-style-type: none"><li>• FUNdamentals 1</li><li>• FUNdamentals 2</li></ul>
Coaches that Attend	<p>Head Coaches:</p> <ul style="list-style-type: none"><li>• Under-7 (Initiation)</li><li>• Under-9 (Novice) Tier-1 and Tier-2</li></ul> <p>Assistant Coaches:</p> <ul style="list-style-type: none"><li>• Under-7 (Initiation)</li><li>• Under-9 (Novice) Tier-1 and Tier-2</li></ul>
Outcomes and Criteria	Introduce coaches to Under-7 and Under-9 Hockey



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

### **Instructional Stream – Checking Skills 1 Clinic**

Time Facilitating	3.5 to 4 Hours, usually spread out over a weeknight or weekend morning <ul style="list-style-type: none"><li>• 2.5 Hours – In-Class</li><li>• 1 to 1.5 Hour – On-Ice</li></ul>
Average Class Size	10 to 15 Attendees



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



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	<ul style="list-style-type: none"><li>○ Role of the MHA</li><li>○ Role of the Parent</li></ul>
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