



# **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 Partner:**

**Technical Director:**

**Phone:**

**Address:**

**City:**

**Postal Code:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

NCCP – CC#: \_\_\_\_\_

***For Office Use Only:***

Date Received: \_\_\_\_\_

Branch Contacted – staff person: \_\_\_\_\_

Evaluator Contacted

Documentation sent to evaluator

Evaluator Assigned: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_

## MY COACH DEVELOPMENT PLAN

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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### *Recent Coaching Experiences:*

Season	Team	Organization/Level	Coaching Role
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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### *Coaching Aspirations (What's next?)*

Short-term goal(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Long-term goal(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**List 3 coaching skill areas you consider your strengths:**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 

**List 3 coaching skill areas you wish to improve:**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
-



## 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:
  - Games and practices
  - 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)

GOALS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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

**SKILLS / CONCEPTS**

COMPETITION PERIOD

Regular Season Phase (Weeks \*\* - \*\*)

Physical Prep

▪ TBD

Mental Prep

▪ TBD

Team Development

▪ TBD

Evaluation & Assessment

▪ TBD

**U13 INVENTORY**

		<b>Skating</b>	<b>Puck Control</b>	<b>Passing / Receiving</b>	<b>Shooting</b>	<b>Checking</b>	<b>Goaltending</b>
<b>TECHNICAL SKILLS</b>		<ul style="list-style-type: none"> <li>- Balance and agility</li> <li>- Edge Control</li> <li>- Starting and Stopping</li> <li>- Forward skating and striding</li> <li>- Backward Skating</li> <li>- Turning and Crossovers</li> </ul>	<ul style="list-style-type: none"> <li>- Stationary</li> <li>- Moving</li> </ul>	<ul style="list-style-type: none"> <li>- Stationary</li> <li>- Moving</li> </ul>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <li>- Skating / Agility</li> <li>- Angling / Positioning</li> <li>- Stick Checks</li> </ul>	<ul style="list-style-type: none"> <li>- Skating</li> <li>- Hands</li> <li>- Slides</li> <li>- Rebound Control</li> </ul>
		<b>Individual Offensive Tactics</b>		<b>Individual Defensive Tactics</b>		<b>Team Tactics</b>	
<b>TACTICAL SKILLS</b>		<ul style="list-style-type: none"> <li>- Body fakes / shot fakes</li> <li>- Stick fakes / fake pass</li> <li>- Deception / Dekes / 1 on 1's</li> <li>- Moves in combination</li> <li>- Net Drives</li> <li>- Change of pace</li> <li>- Puck protection</li> <li>- Control skating</li> <li>- Saving ice</li> </ul>	<ul style="list-style-type: none"> <li>- Angling</li> <li>- Basic 1 on 1's</li> <li>- Gap control</li> <li>- Escape moves</li> <li>- Puck retrievals</li> <li>- Tracking</li> </ul>	<ul style="list-style-type: none"> <li>- Basic Positioning – D Zone</li> <li>- Basic Breakouts</li> <li>- Regroups</li> <li>- Entries</li> <li>- Forechecks</li> </ul>			
		<b>Physical Prep</b>		<b>Mental Prep</b>		<b>Team Development</b>	
<b>OTHER</b>		<ul style="list-style-type: none"> <li>- Warm-up and cool-down</li> <li>- Testing (on-ice and off-ice)</li> <li>- Conditioning</li> <li>- Nutrition &amp; Hydration</li> <li>- Recovery</li> </ul>	<ul style="list-style-type: none"> <li>- Goal-setting</li> <li>- Positive self-talk</li> </ul>	<ul style="list-style-type: none"> <li>- Team Building</li> <li>- Player Meetings</li> <li>- Parent Meetings</li> <li>- Admin</li> </ul>			



**U15 / 18 Inventory**

<b>TECHNICAL SKILLS</b>	<b>Skating Skills</b>	<b>Puck Control</b>	<b>Passing / Receiving</b>	<b>Shooting</b>	<b>Checking</b>	<b>Goaltenders</b>
	<ul style="list-style-type: none"> <li>- Agility / Balance</li> <li>- Edge Control</li> <li>- Forward Skating</li> <li>- Backward Skating</li> <li>- Turning</li> <li>- Crossovers</li> <li>- Transition and Pivots</li> <li>- Quickness</li> </ul>	<ul style="list-style-type: none"> <li>- Stationary</li> <li>- Moving</li> <li>- Small Area Skills</li> <li>- Agility</li> <li>- Puck Protection</li> <li>- Creativity</li> </ul>	<ul style="list-style-type: none"> <li>- Stationary</li> <li>- Moving</li> <li>- Puck Support</li> </ul>	<ul style="list-style-type: none"> <li>- Stationary</li> <li>- Moving</li> <li>- 1 Timers</li> <li>- Quick Release</li> <li>- Shooting Fakes</li> <li>- Changing Puck Angle</li> <li>- Shooting off Pass</li> <li>- Forehand to Backhand / Backhand to Forehand</li> <li>- Shooting for Sticks</li> </ul>	<ul style="list-style-type: none"> <li>- Skating / Agility</li> <li>- Angling / Positioning</li> <li>- Stick Checks</li> <li>- Body Contact</li> <li>- Body Checking</li> </ul>	<ul style="list-style-type: none"> <li>- Balance and Agility</li> <li>- Moving Skills</li> <li>- Positioning</li> <li>- Save Selection</li> <li>- Basic Puck Control</li> <li>- Advanced Skating</li> <li>- Eye Skills</li> <li>- Advanced Hands</li> <li>- Advanced Puck Handling</li> <li>- 10 Scoring Situations</li> <li>- Defensive Team Play</li> <li>- Offensive Team Play</li> <li>- Hockey Sense</li> </ul>
<b>TACTICS</b>	<b>Individual Offensive Tactics</b>		<b>Individual Defensive Tactics</b>		<b>Team Tactics</b>	
	<ul style="list-style-type: none"> <li>- Attacking 1 on 1</li> <li>- Shaking a Defender 1 on 1</li> <li>- Screening without the Puck</li> </ul>		<ul style="list-style-type: none"> <li>- Defending 1 on 1</li> <li>- Defending in the Corner</li> <li>- Defending along the Boards</li> <li>- Backchecking</li> </ul>		<ul style="list-style-type: none"> <li>- Offensive: Entries, Offensive Zone Play</li> <li>- Defensive: Defensive Zone Coverage, Breakouts</li> <li>- Special Team: PP Breakouts, PP Setup, PK Forecheck, PK in the DZ</li> <li>- Forechecking: Offensive Zone, Neutral Zone</li> <li>- Transition / Regroups: Neutral Zone Play</li> <li>- Face-offs: Techniques, OZ/DZ Face-offs</li> </ul>	
<b>OTHER</b>	<b>Physical Prep</b>		<b>Mental Prep</b>		<b>Team Development</b>	
	<ul style="list-style-type: none"> <li>- Warm-up and cool-down</li> <li>- Testing (on-ice and off-ice)</li> <li>- Conditioning</li> <li>- Nutrition &amp; Hydration</li> <li>- Recovery</li> </ul>		<ul style="list-style-type: none"> <li>- Imagery</li> <li>- Goal-setting</li> <li>- Positive self-talk</li> <li>- Relaxation</li> </ul>		<ul style="list-style-type: none"> <li>- Team Building</li> <li>- Player Meetings</li> <li>- Parent Meetings</li> <li>- Admin</li> </ul>	



## 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.

<b>Clip Name</b>	<b>Player Identified</b>	<b>Error(s) Detected</b>	<b>Corrective Measures</b>
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: \_\_\_\_\_

PRACTICE OBJECTIVES: \_\_\_\_\_

TEAM RECORD: W \_\_\_\_ L \_\_\_\_ T \_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

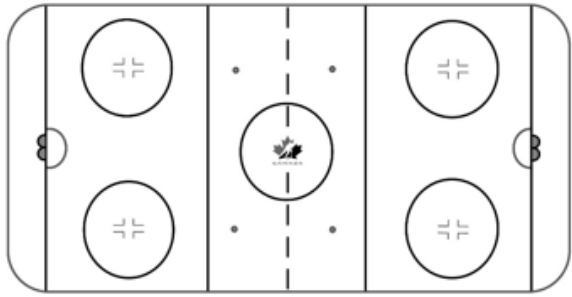
### LINE UP / FORMATION

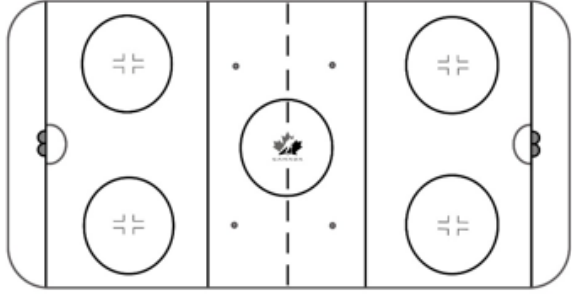
FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

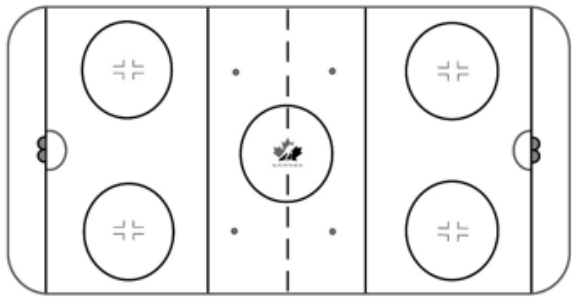
LEGEND			
◎	COACH		PUCK CARRYING
○●	FORWARDS		SHOOTING
△▲	DEFENDERS		PASS
G	GOALTENDERS		DROP PASS
	STOP		BACKWARD SKATE
X	PYLON		LATERAL MOVEMENT
■	PUCKS		DEFENSIVE PRESSURE

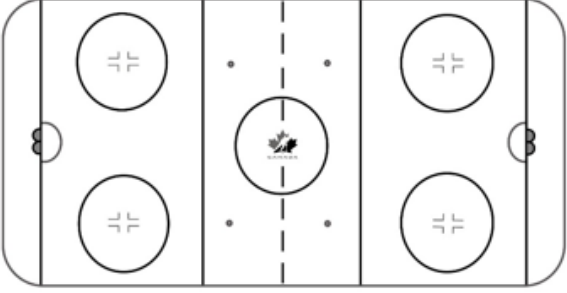
DRILL: ENERGIZER	COACH:	TIME: 5 MINUTES
GOALIE PURPOSE:		WORK/REST RATIO: 1 / 0
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

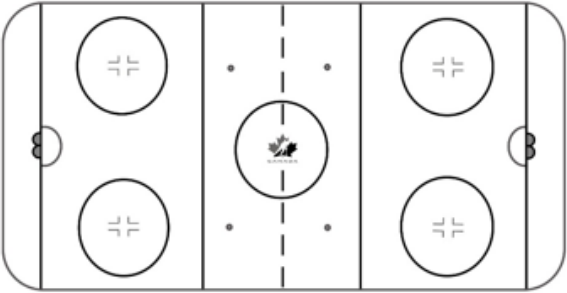
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GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

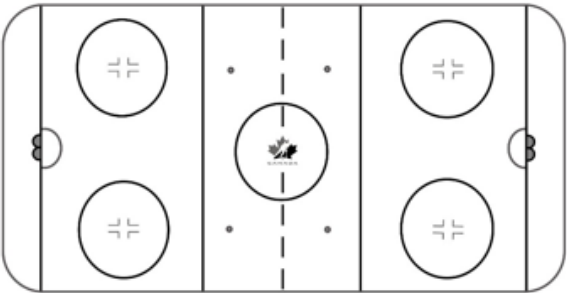
DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		



## Self-assessment Form

**Coach:** \_\_\_\_\_ **Start Time:** \_\_\_\_\_ **Finish Time:** \_\_\_\_\_

**Team/Level:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Rating Scale:

**3 – Above Expectations, 2 – Met Expectations, 1 – Below Expectations, N/A – Not Applicable**

Pre-Practice Preparation				
<b>Objectives</b> • Have identified specific technical and tactical objectives	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Organization</b> • Pre-ice presentation, prep of assistants • Equipment required	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Practice Outline</b> • Clear, organized, diagrams, warm-up and cool-down, related to objectives	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Components of Yearly Plan</b> • Practice plan fits into yearly plan • Objectives and drill progressions relate to previous practice	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
Practice				
<b>Use of Drills</b> • Full participation • Teach skills and tactics effectively • Use drill progressions from simple to complex	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Teaching Techniques</b> • Allowed time for teaching and demo • Demonstrations effective • Effective use of voice and body language	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Error Correction</b> • Immediate and appropriate feedback • Repetition of drills where necessary	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Rapport with Players</b> • Positive communicator • Non-threatening, relaxed environment • Evidence of player enjoyment	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Organization</b> • Used full ice when necessary and appropriate • Attention to risk management • Follow practice outline • Use of on-ice assistants – support personnel	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>3 Things that went well:</b> _____ _____ _____	<b>3 Things to improve on:</b> _____ _____ _____			

## Practice 2: Goals and Objectives for the Practice

TEAM: \_\_\_\_\_

PRACTICE OBJECTIVES: \_\_\_\_\_

TEAM RECORD: W \_\_\_\_ L \_\_\_\_ T \_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

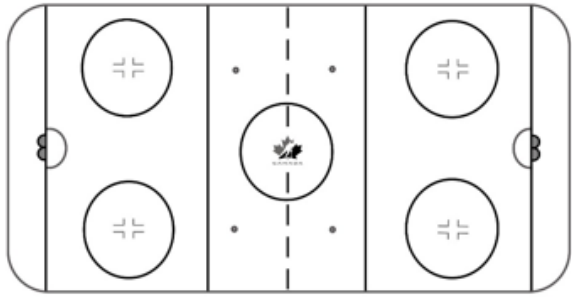
### LINE UP / FORMATION

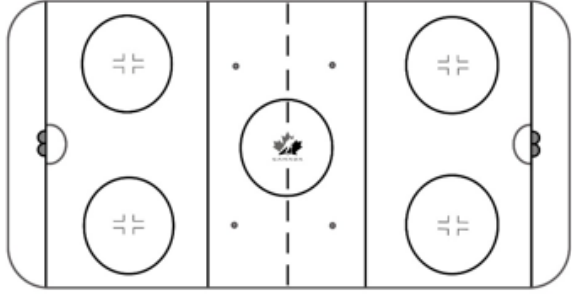
FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

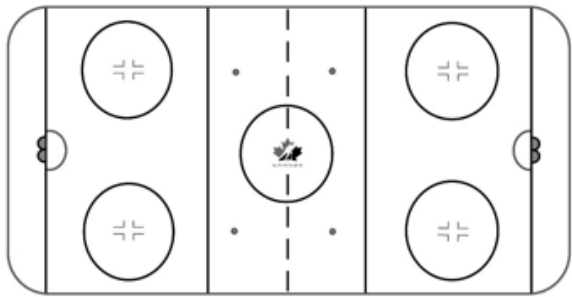
LEGEND			
C	COACH		PUCK CARRYING
O ●	FORWARDS		SHOOTING
△ ▲	DEFENDERS		PASS
G	GOALTENDERS		DROP PASS
	STOP		BACKWARD SKATE
X	PYLON		LATERAL MOVEMENT
■	PUCKS		DEFENSIVE PRESSURE

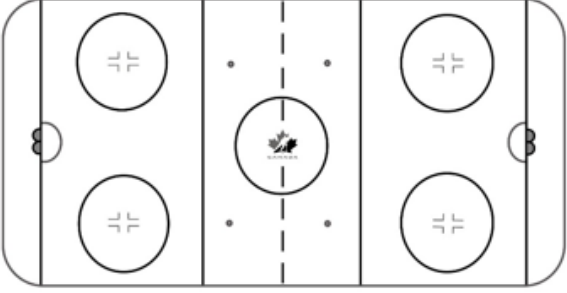
DRILL: ENERGIZER	COACH: _____	TIME: 5 MINUTES
GOALIE PURPOSE: _____		WORK/REST RATIO: 1 / 0
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

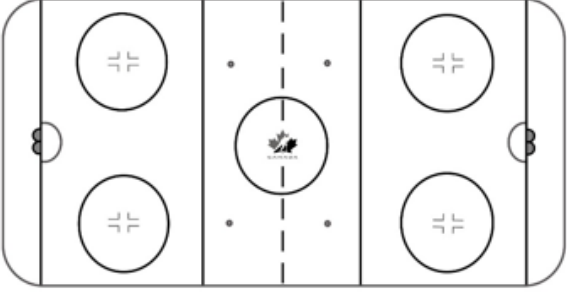
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GOALIE PURPOSE: _____		WORK/REST RATIO: _____
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

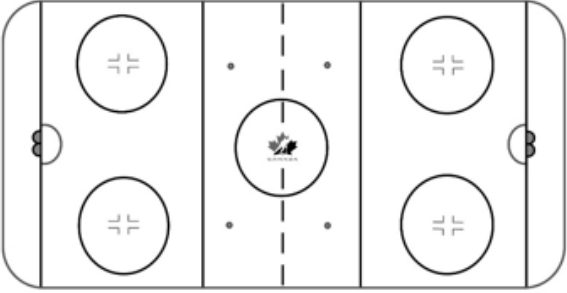
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GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

## Self-assessment Form

**Coach:** \_\_\_\_\_ **Start Time:** \_\_\_\_\_ **Finish Time:** \_\_\_\_\_

**Team/Level:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Rating Scale:

**3 – Above Expectations, 2 – Met Expectations, 1 – Below Expectations, N/A – Not Applicable**

Pre-Practice Preparation				
<b>Objectives</b> • Have identified specific technical and tactical objectives	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Organization</b> • Pre-ice presentation, prep of assistants • Equipment required	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Practice Outline</b> • Clear, organized, diagrams, warm-up and cool-down, related to objectives	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Components of Yearly Plan</b> • Practice plan fits into yearly plan • Objectives and drill progressions relate to previous practice	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
Practice				
<b>Use of Drills</b> • Full participation • Teach skills and tactics effectively • Use drill progressions from simple to complex	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Teaching Techniques</b> • Allowed time for teaching and demo • Demonstrations effective • Effective use of voice and body language	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Error Correction</b> • Immediate and appropriate feedback • Repetition of drills where necessary	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Rapport with Players</b> • Positive communicator • Non-threatening, relaxed environment • Evidence of player enjoyment	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Organization</b> • Used full ice when necessary and appropriate • Attention to risk management • Follow practice outline • Use of on-ice assistants – support personnel	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>3 Things that went well:</b> _____ _____ _____	<b>3 Things to improve on:</b> _____ _____ _____			

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

TEAM: \_\_\_\_\_

PRACTICE OBJECTIVES: \_\_\_\_\_

TEAM RECORD: W \_\_\_\_ L \_\_\_\_ T \_\_\_\_

\_\_\_\_\_

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

\_\_\_\_\_

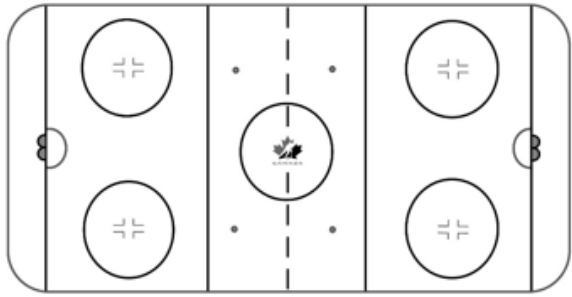
**LINE UP / FORMATION**

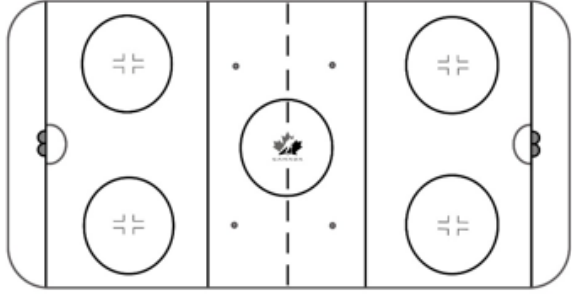
FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

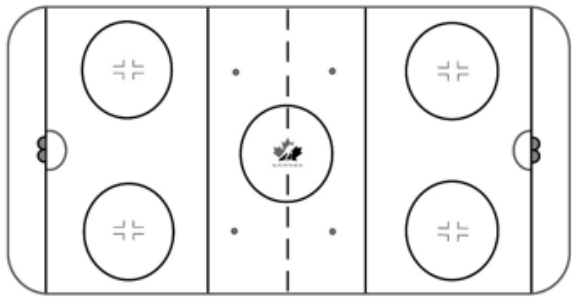
<b>LEGEND</b>	☉	COACH		PUCK CARRYING
	○●	FORWARDS		SHOOTING
	△▲	DEFENDERS		PASS
	G	GOALTENDERS		DROP PASS
		STOP		BACKWARD SKATE
	X	PYLON		LATERAL MOVEMENT
	☼	PUCKS		DEFENSIVE PRESSURE

DRILL: ENERGIZER	COACH:	TIME: 5 MINUTES
GOALIE PURPOSE:		WORK/REST RATIO: 1 / 0
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
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DRILL:	COACH:	TIME:
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DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

DRILL:	COACH:	TIME:
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		



## Self-assessment Form

**Coach:** \_\_\_\_\_ **Start Time:** \_\_\_\_\_ **Finish Time:** \_\_\_\_\_

**Team/Level:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Rating Scale:

**3 – Above Expectations, 2 – Met Expectations, 1 – Below Expectations, N/A – Not Applicable**

Pre-Practice Preparation				
<b>Objectives</b> • Have identified specific technical and tactical objectives	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Organization</b> • Pre-ice presentation, prep of assistants • Equipment required	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Practice Outline</b> • Clear, organized, diagrams, warm-up and cool-down, related to objectives	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Components of Yearly Plan</b> • Practice plan fits into yearly plan • Objectives and drill progressions relate to previous practice	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
Practice				
<b>Use of Drills</b> • Full participation • Teach skills and tactics effectively • Use drill progressions from simple to complex	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Teaching Techniques</b> • Allowed time for teaching and demo • Demonstrations effective • Effective use of voice and body language	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Error Correction</b> • Immediate and appropriate feedback • Repetition of drills where necessary	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Rapport with Players</b> • Positive communicator • Non-threatening, relaxed environment • Evidence of player enjoyment	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>Organization</b> • Used full ice when necessary and appropriate • Attention to risk management • Follow practice outline • Use of on-ice assistants – support personnel	<b>3</b> <input type="radio"/>	<b>2</b> <input type="radio"/>	<b>1</b> <input type="radio"/>	<b>N/A</b> <input type="radio"/>
<b>3 Things that went well:</b> _____ _____ _____	<b>3 Things to improve on:</b> _____ _____ _____			

## 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

### Equipment Locations

Please locate and identify area on map:

**Legend**  
 Phone ..... P  
 Exits ..... E  
 First aid ... FA  
 AED. .... AED

### Arena Information

Arena/Facility Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

### Emergency Telephone Numbers

Emergency: \_\_\_\_\_

Ambulance: \_\_\_\_\_

Fire Dept: \_\_\_\_\_

Hospital: \_\_\_\_\_

Police: \_\_\_\_\_

General: \_\_\_\_\_

## 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 pre-determined signal to your call person, control person and your pre-determined first aid/medical person.

Name: \_\_\_\_\_

### 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: \_\_\_\_\_

### 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: \_\_\_\_\_