



National Coaching Certification Program

Development 1 Coach Workbook

POST-TASK ASSIGNMENT

COACHES NAME:

TEAM:

You are required to complete this assignment to be eligible to attend a Development 2 clinic



**COACH DEVELOPMENT PROGRAM
POST CLINIC COACH WORKBOOK**

MY COACH DEVELOPMENT PLAN

Name: _____

Res. Phone: _____

Mailing Address: _____

Bus. Phone: _____

Facsimile: _____

Recent Coaching Experiences:

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

Coaching Aspirations (What's next?)

Short term goal(s): _____

Long term goal(s): _____

List 3 coaching skill areas you consider your strengths:

1. _____

2. _____

3. _____

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POST CLINIC COACH WORKBOOK**

List 3 coaching skill areas you wish to improve:

1. _____

 2. _____

 3. _____

-

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

Signed:

Date:

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POST CLINIC COACH WORKBOOK**

Mid-season Evaluation Worksheet for Coaches, Parents and Players

1. What items from the season do we need to change?

Examples: Lines changed too often/ Enforce the rules more often/ More team gatherings/ More defensive drills/ Name 1 captain vs. alternating captains/ more shots for the goalie in warm up/ Put a dress code in the rules

2. What items from the season do we want to retain?

Examples: Try what you learned in practice/ Everyone stays as friends/ Keep up the intensity/ Players to notify coaches if away/ Keep practices fun/ Keep introducing new drills/ Keep game warm-up in practice/ Don't change the rules

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POST CLINIC COACH WORKBOOK**

SEPTEMBER / OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH / APRIL
MEETINGS	MEETINGS	MEETINGS	MEETINGS	MEETINGS	MEETINGS
SCHOOL PRIORITIES	SCHOOL PRIORITIES	SCHOOL PRIORITIES	SCHOOL PRIORITIES	SCHOOL PRIORITIES	SCHOOL PRIORITIES
# OF GAMES	# OF GAMES	# OF GAMES	# OF GAMES	# OF GAMES	# OF GAMES
TEAM GOALS	TEAM GOALS	TEAM GOALS	TEAM GOALS	TEAM GOALS	TEAM GOALS
DRYLAND TRAINING	DRYLAND TRAINING	DRYLAND TRAINING	DRYLAND TRAINING	DRYLAND TRAINING	
COACH EDUCATION	COACH EDUCATION	COACH EDUCATION	COACH EDUCATION	COACH EDUCATION	COACH EDUCATION

**COACH DEVELOPMENT PROGRAM
POST CLINIC COACH WORKBOOK**

SEPTEMBER / OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH / APRIL
12 PRACTICES	8 PRACTICES	8 PRACTICES	8 PRACTICES	8 PRACTICES	8 PRACTICES
INDIVIDUAL SKILLS	INDIVIDUAL SKILLS	INDIVIDUAL SKILLS	INDIVIDUAL SKILLS	INDIVIDUAL SKILLS	INDIVIDUAL SKILLS
INDIVIDUAL TACTICS	INDIVIDUAL TACTICS	INDIVIDUAL TACTICS	INDIVIDUAL TACTICS	INDIVIDUAL TACTICS	INDIVIDUAL TACTIC
TEAM TACTICS	TEAM TACTICS	TEAM TACTICS	TEAM TACTICS	TEAM TACTICS	TEAM TACTICS
TEAM SYSTEMS	TEAM SYSTEMS	TEAM SYSTEMS	TEAM SYSTEMS	TEAM SYSTEMS	TEAM SYSTEMS

**COACH DEVELOPMENT PROGRAM
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Design 3 successive practices to teach one of the following Team Tactics:

Attacking Tactics

- ◆ **1, 2, 3 Attacks**
- ◆ **Wide Rim**

2 on 1 Attacks

- ◆ **Give and Go**
- ◆ **Give and Follow**
- ◆ **Cross**
- ◆ **Pass to Open Space**

Designing (planning) a practice will determine your success at conducting a practice.

Step 1: Review your revised yearly plan and identify your team goals and technical goals for the month that you are designing the practice sessions.

Step 2: Identify 2 or 3 key offensive weaknesses from your team's last game.

Step 3: Combine the list from steps 1 and 2 and develop your goals and objectives for your next practice.

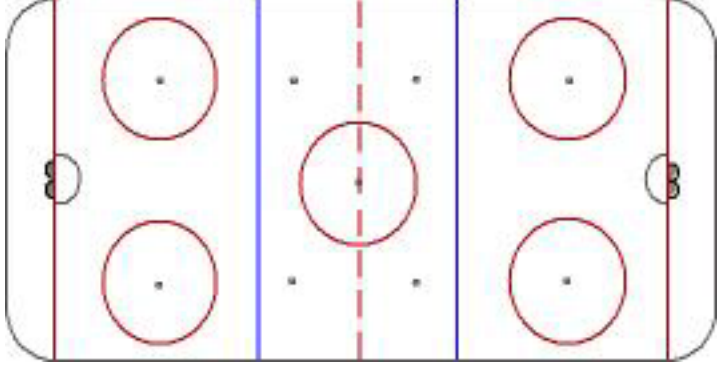
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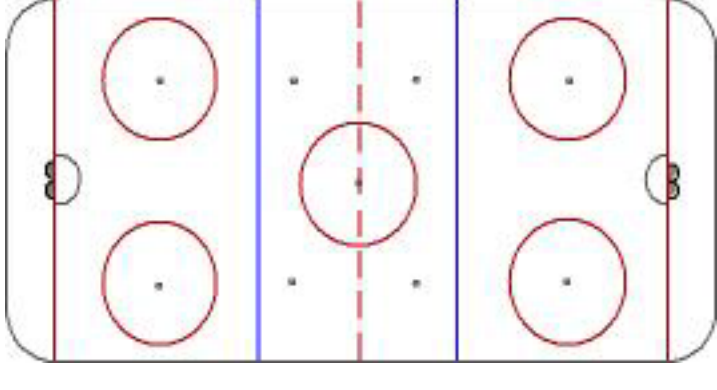
Practice 1: Goals and Objectives for the practice

Drill Name:	
Drill Description	
Key Teaching Points	Key Execution Points

Drill Name:	
Drill Description	
Key Teaching Points	Key Execution Points

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**COACH DEVELOPMENT PROGRAM
POST CLINIC COACH WORKBOOK**

Self Assessment Form

Coach: _____ Start Time: _____ Finish Time: _____

Team/Level: _____ Date: _____

Rating Scale: 3 - Above Expectations 2 - Met Expectations 1 - Below Expectations N/A

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

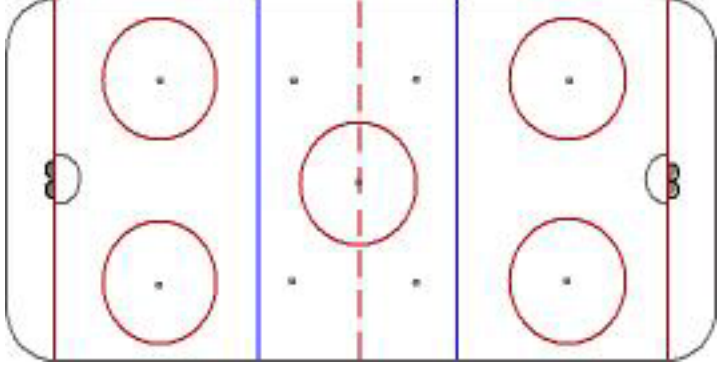
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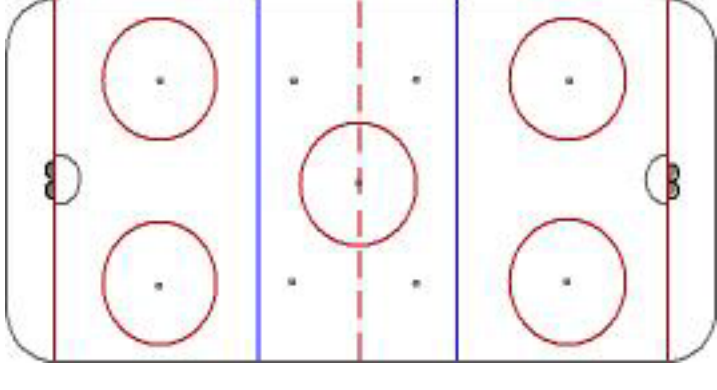
Practice 2: Goals and Objectives for the practice

Drill Name:	
Drill Description	
Key Teaching Points	Key Execution Points

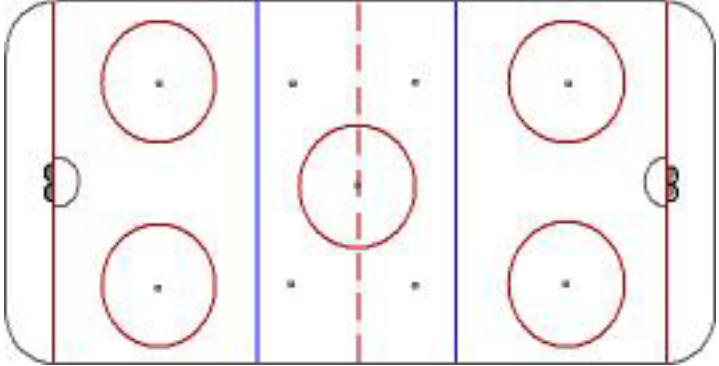
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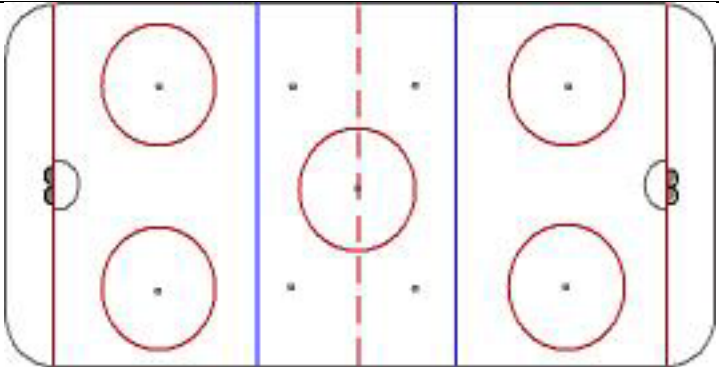
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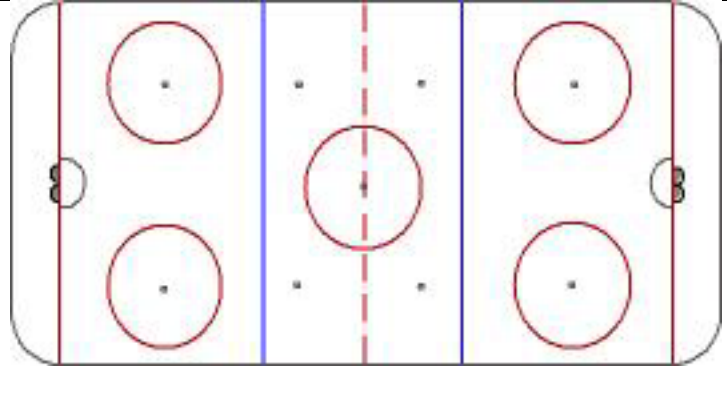
Team/Level: _____ Date: _____

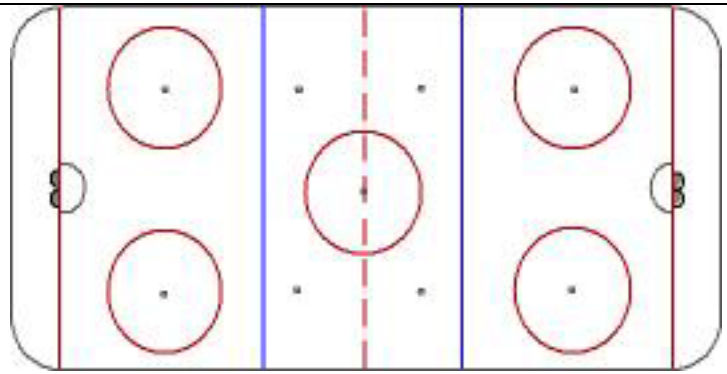
Rating Scale: 3 - Above Expectations 2 - Met Expectations 1 - Below Expectations N/A

Pre-Practice Preparation				
Objectives	3	2	1	N/A
<ul style="list-style-type: none"> Have identified specific technical and tactical objectives 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organization <ul style="list-style-type: none"> Pre-ice presentation, prep of assistants Equipment required 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice Outline <ul style="list-style-type: none"> Clear, organized, diagrams, warm up and cool down, related to objectives 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Components of Yearly Plan <ul style="list-style-type: none"> Practice plan fits into yearly plan Objectives and drill progressions relate to previous practice 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice				
Use of Drills <ul style="list-style-type: none"> Full participation Teach skills and tactics effectively Use drill progressions from simple to complex 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teaching Techniques <ul style="list-style-type: none"> Allowed time for teaching and demo Demonstrations effective Effective use of voice and body language 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Error Correction <ul style="list-style-type: none"> Immediate and appropriate feedback Repetition of drills where necessary 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rapport with Players <ul style="list-style-type: none"> Positive communicator Non-threatening, relaxed environment Evidence of player enjoyment 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organization <ul style="list-style-type: none"> Used full ice when necessary and appropriate Attention to risk management Follow practice outline Use of on-ice assistants - support personnel 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Things that went well: 4. _____ 5. _____ 6. _____	3 Things to improve on: 4. _____ 5. _____ 6. _____			

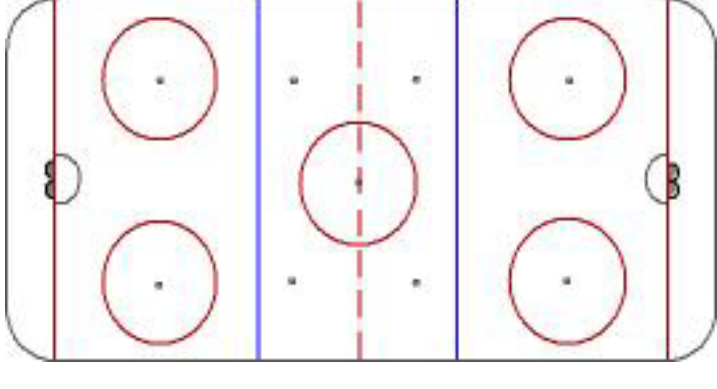
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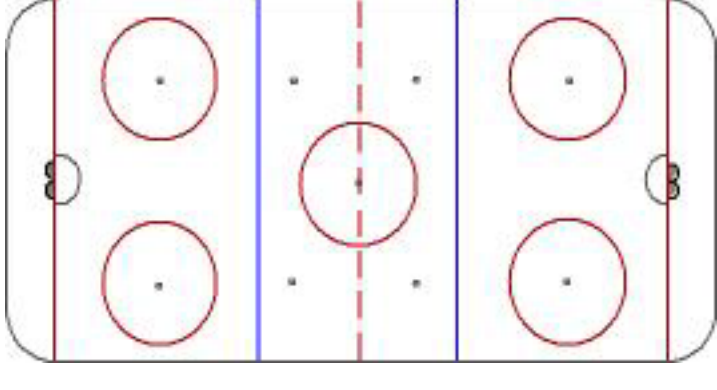
Practice 3: Goals and Objectives for the practice

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Drill Description	
Key Teaching Points	Key Execution Points

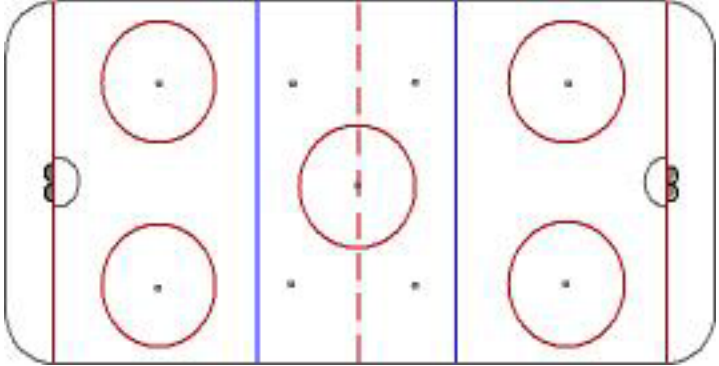
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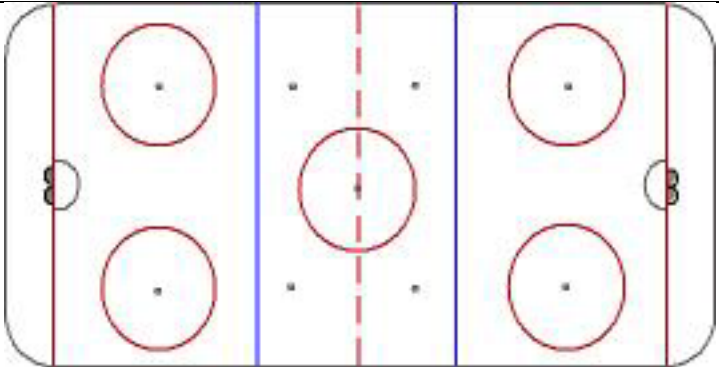
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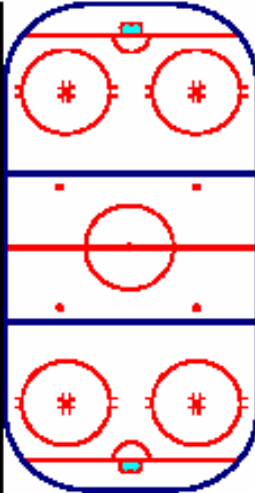
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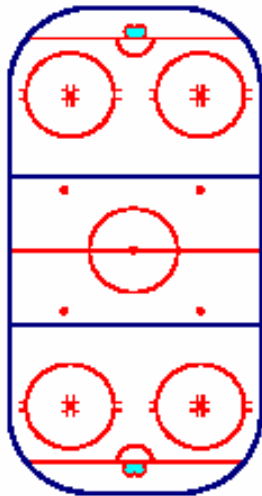
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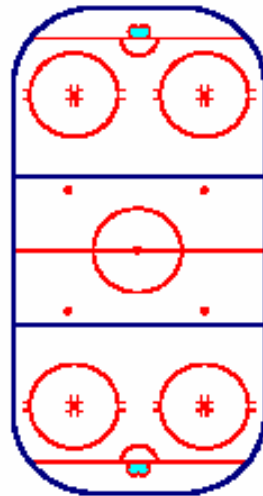
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3 Things that went well: 7. _____ 8. _____ 9. _____	3 Things to improve on: 7. _____ 8. _____ 9. _____			

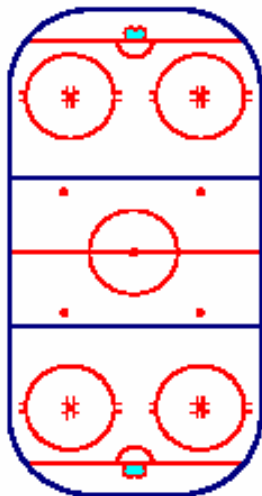
COACH DEVELOPMENT PROGRAM POST CLINIC COACH WORKBOOK

	Penalty Shooters	Player Name/No.	Scored	Y/N
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				











**COACH DEVELOPMENT PROGRAM
POST CLINIC COACH WORKBOOK**

Game 1 Overall Observations

Based on your game observations the information from the game card, and referring to the clinic discussion on the technical skills, individual tactics and team tactics complete the following information.

What our team did well:

Skill or Tactic

Reason we were successful

Our team needs to work on:

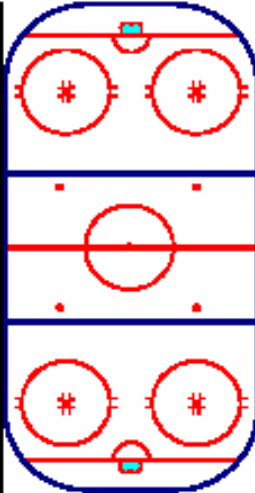
Skill or Tactic

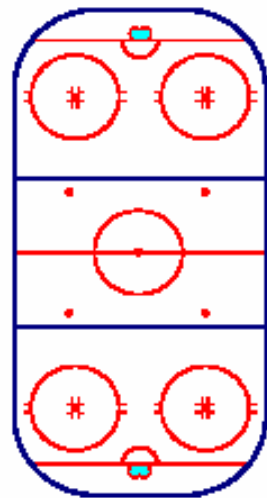
Why we are not having success

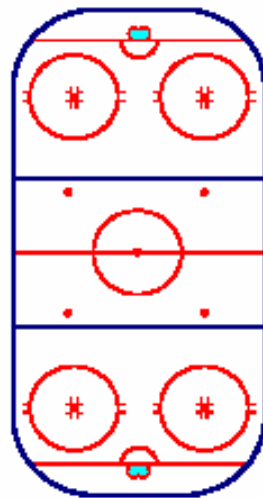
Based on my observations of the game other objective information that I would like to include on my personal game card is:

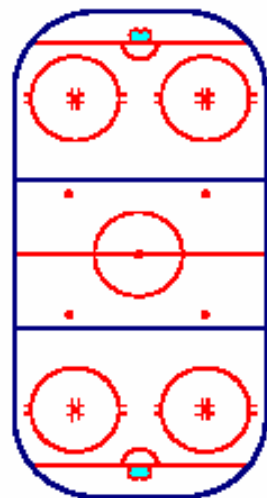
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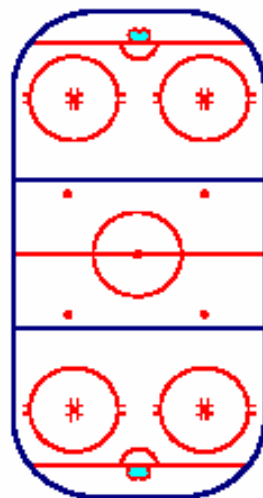
	Penalty Shooters	Player Name/No.	Scored	Y/N
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				











**COACH DEVELOPMENT PROGRAM
POST CLINIC COACH WORKBOOK**

Game 2 Overall Observations

Based on your game observations the information from the game card, and referring to the clinic discussion on the technical skills, individual tactics and team tactics complete the following information.

What our team did well:

Skill or Tactic

Reason we were successful

Our team needs to work on:

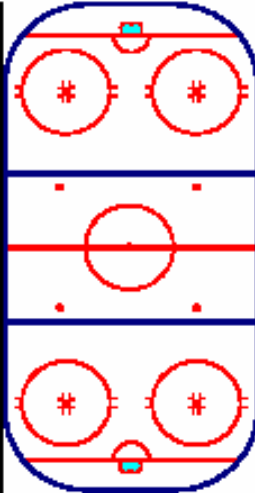
Skill or Tactic

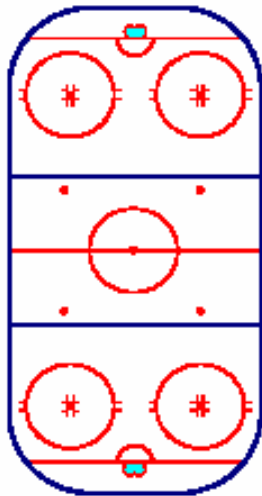
Why we are not having success

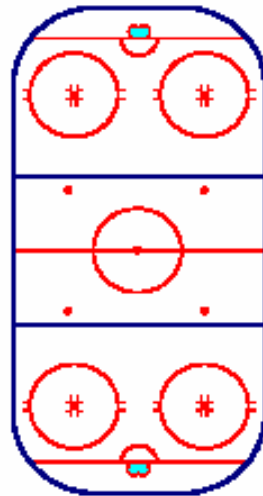
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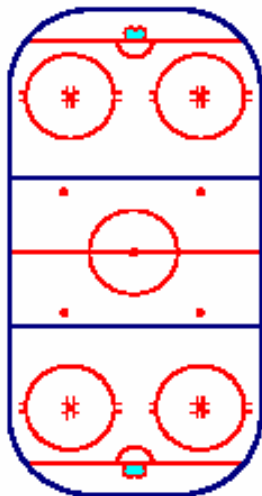
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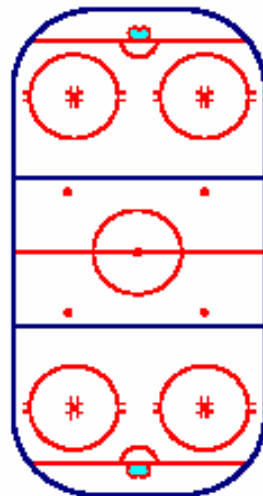
	Penalty Shooters	Player Name/No.	Scored Y/N
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			











**COACH DEVELOPMENT PROGRAM
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Game 3 Overall Observations

Based on your game observations the information from the game card, and referring to the clinic discussion on the technical skills, individual tactics and team tactics complete the following information.

What our team did well:

Skill or Tactic

Reason we were successful

Our team needs to work on:

Skill or Tactic

Why we are not having success

Based on my observations of the game other objective information that I would like to include on my personal game card is:
