



ALLIANCE HOCKEY

71 Albert Street
Stratford, Ontario N5A 3K2
Tel (519) 273-7209
Fax (519) 273-2114
www.alliancehockey.com

NCCP - DEVELOPMENT 1

PARTICIPANT PRE-REQUISITES:

-participants must be 16 years of age or older to attend clinic

HELMETS ARE MANDATORY FOR ALL ON-ICE ACTIVITIES

CBET Development Stream – 1 Agenda – SAMPLE -

➤ FRIDAY

Time	Module	Time
5:30pm – 6:00pm	Registration	30 minutes
6:00pm - 10:00pm	Speak Out	240 minutes

➤ SATURDAY

Time	Module	Time
7:30am – 8:00am	Registration	30 minutes
Classroom Session #1		
8:00am – 8:20am	Program Introduction	20 minutes
8:20am – 9:20am	Communication	60 minutes
9:20am – 10:10am	Team Building	50 minutes
10:10am – 10:20am	*Break	10 minutes
10:20am – 10:50am	Safety (EAP, etc.)	30 minutes
10:50am – 11:35am	Technical Skills/Skill Pyramid	45 minutes
11:35am – 12:20pm	Athletic Skills of the Game	45 minutes
12:20pm - 1:00pm	Lunch	40 minutes
Classroom Session #2		
1:00pm – 1:55pm	Drill Design	55 minutes
1:55pm – 2:40pm	Drill Progressions	45 minutes
2:40pm – 3:35pm	Link Individual Skills & Tactics	55 minutes
3:35pm – 4:30pm	Team Tactics	55 minutes
4:30pm – 5:00pm	Transition from Games to Practice	30 minutes





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➤ SUNDAY

<u>Time</u>	<u>Module</u>	<u>Time</u>
7:45am – 8:00am	Attendance Check	15 minutes
Classroom Session #3		
8:00am – 9:00am	Design Practice	60 minutes
9:00am – 9:50am	Game Day Preparation	50 minutes
9:50am – 10:00am	*Break	10 minutes
10:00am – 10:40am	Seasonal Planning (also included in post task, HC Skills Manuals)	40 minutes
10:40am – 11:40am	Body Checking	60 minutes
11:40am - 12:10pm	Goaltending	30 minutes
12:10pm – 12:50pm	Lunch	40 minutes
Ice Session		
12:50pm - 1:00pm	Dressing Room	10 minutes
1:00pm - 1:55pm	**Team #1 Practice	60 minutes
1:55pm – 2:05pm	FLOOD	10 minutes
2:05pm - 3:00pm	**Team #2 Practice	60 minutes
Classroom Session #4		
3:00pm - 4:30pm	Debrief On-Ice Session	30 minutes
4:30pm - 5:00pm	Wrap Up -certificates, etc.	30 minutes

