

COMPETITION COACH

Agenda

*Please note this agenda may be altered based on the availability of facilities.

SATURDAY	DESCRIPTION
TIME	
8:30 – 8:45 am	Workshop Introduction
8:45 – 9:30 am	Module 2: Understanding the NCCP
9:30 – 9:45 am	Break
9:45 – 11:00 am	Module 3: Teaching and Learning
11:00 – 11:30 am	Module 5 (Part A): Warm-ups & Cool-downs
11:30 – 11:40 am	Break
11:40 – 12:00 pm	Module 5 (Part B): Technical Skills (off-ice)
12:00 – 12:45 pm	Lunch
12:45 – 2:00 pm	Module 5 (Part C): Delivery Skills (on-ice)
2:00 – 2:10 pm	Break
2:10 – 3:30 pm	Module 4 (Part A): Plan a Practice
3:30 – 5:00 pm	Module 5 (Part D): Delivery Skills (on-ice)
SUNDAY	
9:00 – 9:45 am	Module 7 (Part A): Analyze Performance(off-ice)
9:45 – 10:45 am	Module 5 (Part E): Brushing (on-ice)
10:45 – 11:00 am	Break
11:00 – 12:10 pm	Module 6 (Part A): Strategy and Tactics
12:10 – 12:40 pm	Lunch (Optional working lunch)
12:40 – 1:15 pm	Module 6 (Part B): Strategy and Tactics
1:15 – 1:30 pm	Module 7 (Part B): Analyze Performance(off-ice)
1:30 – 2:30 pm	Module 7 (Part C): Analyze Performance (on-ice)
2:30 – 2:40 pm	Break
2:40 – 4:00 pm	Module 4 (Part B): Plan a practice
4:00 – 4:05 pm	Module 8: Resource Overview
4:05 – 4:20 pm	Module 10: Evaluation Logistics
4:20 – 4:30 pm	Workshop Wrap-up