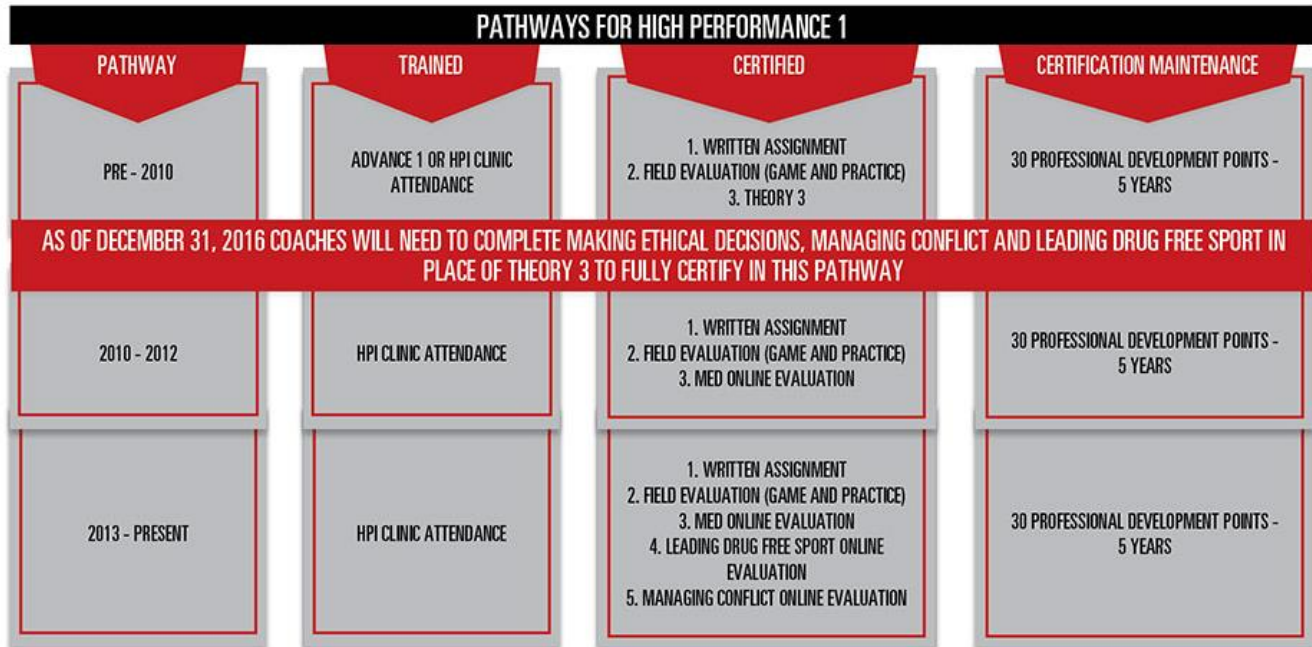


COMPETITION STREAM HIGH PERFORMANCE 1

COMPETITION DEVELOPMENT STREAM: HIGH PERFORMANCE 1



OVERVIEW

All Head Coaches coaching U15AA, U18AA and U22 AA teams that compete in Interprovincial or National Championships MUST be High Performance 1 'Certified'. It is recommended that all Assistant Coaches be at minimum Development 1 'Trained'.

Coaches attending the High Performance 1 seminars will have the opportunity to work in groups and individual settings in a variety of areas:

- ❖ Ethics and leadership in coaching
- ❖ Teaching and leading techniques
- ❖ Physical preparation
- ❖ Power-play and penalty-killing instruction.
- ❖ Advanced skill analysis
- ❖ Leading drug-free sport
- ❖ Conflict management

NOTE:

High Performance 1 Clinics are only offered through the Ontario Hockey Federation (OHF). Please visit their website for information regarding [clinic dates](#) and the [application process](#).