

COMMUNITY SPORT

COMPETITION

INSTRUCTION



National
Coaching
Certification
Program

MULTI-SPORT
MODULES



TABLE OF CONTENTS

It begins here	2
Coaching streams.....	3
Aboriginal Coaching Modules.....	4
Advanced Practice Planning	4
Basic Mental Skills	4
Coaching and Leading Effectively	5
Coaching in Secondary Schools.....	5
Design a Basic Sport Program.....	6
Developing Athletic Abilities	6
Empower+	6
Fundamental Movement Skills (FMS)	7
Leading Drug-free Sport.....	7
Make Ethical Decisions (MED).....	8

Making Head Way in Sport.....	8
Manage a Sport Program	8
Managing Conflict.....	9
Mentorship	9
Nutrition	9
Performance Planning.....	10
Planning a Practice	10
Prevention and Recovery	10
Psychology of Performance.....	11
Resistance Training	11
Teaching and Learning.....	11
Partners Listing	12





It begins here.

Coaches are mentors, motivators and leaders. Along with parents and teachers, coaches have a profound impact on the future of our children. It's a great responsibility, and Canada's two million coaches embrace it with passion and dedication.

The National Coaching Certification Program (NCCP) gives coaches the confidence to succeed.

When you take an NCCP workshop, you'll not only gain technical abilities, but also mentoring and decision-making skills.

NCCP training will open doors to new opportunities in coaching and in life.

WHO IS IT FOR?

NCCP workshops are designed for all types of coaches. Whether you're thinking about coaching your child's community team or you're already the head coach of a national team, the NCCP has workshops to meet your needs.

HOW MUCH TIME DOES IT TAKE?

NCCP training doesn't require much time. Individual workshops can be completed in a single evening, and some workshops can now be taken online at your convenience, or via home study.

WHERE DO I START?

The NCCP makes it easy to get started and stay motivated on the path towards coaching skills development. Read the descriptions on the following page of the different types of coaches in the NCCP, and then review the various multi-sport modules to see which workshops fit your needs! We have indicated which workshops best suit each type of coach using the colours indicated on the next page.

Contact your Provincial or Territorial Coaching Representative (PTCR) as outlined on the last page to enrol!



COMMUNITY SPORT COACH

WHO ARE YOU?

You may already coach at the community level or you're thinking about coaching. Often, you're a parent whose child is involved in sport, or a volunteer who works with participants of all ages that are new to a sport.



COMPETITION COACH

WHO ARE YOU?

You're typically a coach who has previous coaching experience or you're a former athlete. You may already coach a team at the regional or provincial level, and you tend to work with athletes over the long term to improve performance.



INSTRUCTOR

WHO ARE YOU?

Instructors in the Instruction stream must have sport-specific skills and training, whether coaching at the beginner, intermediate, or advanced skill level. Many are former participants in the sport.



ABORIGINAL COACHING MODULES

After completing the **Aboriginal Coaching Modules**, you will be able to:

- understand the role of sport in Aboriginal communities;
- understand and influence the community in which you coach;
- coach the whole person, coaching beyond the physical to include the mental (intellectual/emotional), spiritual, and cultural;
- respond to racism in sport;
- establish a code of behaviour for your team that respects differences and addresses racism; and
- help young people make healthy lifestyle choices.

ADVANCED PRACTICE PLANNING

After completing the **Advanced Practice Planning** module, you will be able to:

- identify the factors that affect practice planning;
- ensure that practice plans are consistent with the microcycles and phases of which they are part;
- sequence exercises in a practice so that their order is consistent with the research on sequencing;
- develop a plan for training athletic abilities over a microcycle;
- develop a plan for training technical and tactical abilities over a microcycle; and
- develop a plan for a microcycle that helps athletes taper before a competition.

BASIC MENTAL SKILLS

The **Basic Mental Skills** module gives you the ability to:

- recognize signs indicating that an athlete may need to improve his/her goal setting, focus, and anxiety control skills, and develop tools to help the athlete to make improvements in these areas; and
- run simple guided activities that help athletes improve basic mental skills.





COACHING AND LEADING EFFECTIVELY

The **Coaching and Leading Effectively** module gives you the skills needed to:

- promote a positive image of sport, and model it to athletes and those supporting their performance;
- deliver clear messages and explanations when communicating with athletes and their supporters; and
- identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

COACHING IN SECONDARY SCHOOLS

After completing the **Coaching in Secondary Schools** module, you will be able to:

- apply and integrate the LTAD model into school sport programming;
- apply an ethical decision-making process to school sport scenarios;
- apply a school sport philosophy and the NCCP Code of Ethics to your school sport program;
- integrate safety standards into school sport coaching;
- manage school sport policies and procedures; and
- apply the roles and responsibilities of a school sport coach.

This workshop is delivered by the following School Sport Organizations in British Columbia, Ontario, and Newfoundland and Labrador:

- BC School Sports
www.bcschoolsports.ca/coaching
- Ontario Federation of School Athletic Associations (OFSAA)
www.ofsaa.on.ca/programs/coaching-ontario-schools-cios
- School Sports Newfoundland Labrador
www.schoolsportsnl.ca/high-school/

DESIGN A BASIC SPORT PROGRAM

Design a Basic Sport Program will teach you to:

- create a sound outline for your sport program that includes competition and training events;
- compare your program to those outlined by the NCCP in terms of long-term athlete development;
- assess the athletic development opportunities your program offers, and identify ways to remedy any weaknesses;
- interpret the information in a sample program, identifying training priorities and objectives at certain periods; and
- establish a link between your program's training objectives and the content of practice sessions.

DEVELOPING ATHLETIC ABILITIES

INCLUDES: 2-hour online pre-workshop session

After completing the **Developing Athletic Abilities** module, you will:

- be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for your sport;
- know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed, and sport-specific conditioning; and
- be able to select and adapt testing and training protocols and methods for athletes training from 6 – 9 to 9 – 12 times per week.

EMPOWER+

After completing the **Empower+** module, you will be able to:

- critically reflect on your own experiences in sport;
- recognize the potential for and presence of maltreatment in sport;
- determine when and how to intervene when you observe or suspect maltreatment;
- apply the six-step NCCP Decision-making Model to make ethical decisions related to maltreatment in sport; and
- identify the conditions related to creating positive and healthy sport experiences that enhance the well-being of athletes in your care.





FUNDAMENTAL MOVEMENT SKILLS (FMS)

The **Fundamental Movement Skills** of throwing, catching, jumping, striking, running, kicking, agility, and balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity. Learn how to OBSERVE and IMPROVE the fundamental movement skills through the format listed below which is best suited to you and your line of work.

Community Leader

Target: Recreation leaders, sport camp leaders, etc.

Format: 8 hour workshop.

High School Leadership

Target: High school students.

Format: Composed of 9 lesson plans delivered by the Physical Education Teacher at your school.

Coach Professional Development

Target: Coaches or instructors with previous NCCP training/elementary school teachers.

Format: 3 hour workshop.

The **FMS** module will give participants the skills to:

- analyze and identify the various stages of development for the fundamental movement skills;
- apply a six-step process to teaching the fundamental movement skills; and
- create safe games where children can practise fundamental movement skills.

LEADING DRUG-FREE SPORT

After taking **Leading Drug-free Sport**, you will be able to:

- fully understand and explain the consequences of using banned substances in sport;
- educate athletes about drug-testing protocols at major competitions;
- encourage athletes to safeguard their sport values and take greater responsibility for their personal actions; and
- apply the NCCP Ethical Decision-making Model to your coaching as it relates to keeping your sport and athletes drug-free.

MAKE ETHICAL DECISIONS (MED)

By successfully completing the Make Ethical Decisions workshop you will be fully equipped to handle virtually any ethical situation with confidence and surety.

MED is one of the NCCP's cornerstone workshops, and leaves coaches with no doubt as to what to do when the going gets tough.

Upon completing the **MED** module, you'll be able to:

- analyze a challenging situation and determine if it has moral, legal, or ethical implications; and
- apply the NCCP Ethical Decision-making Model to properly respond to each situation in a way that is consistent throughout the program.

MAKING HEAD WAY IN SPORT

After completing the **Making Head Way in Sport** module, you will understand:

- what to do to prevent concussions;
- how to recognize the signs and symptoms of a concussion;
- what to do when you suspect an athlete has a concussion; and
- how to ensure athletes return to play safely.

MANAGE A SPORT PROGRAM

After completing the **Manage a Sport Program** module, you will be able to:

- manage administrative aspects of the program and oversee logistics;
- manage staff's roles and responsibilities;
- manage camp and tournament finances and travel; and
- report on athlete progress throughout the program.





MANAGING CONFLICT

The **Managing Conflict** module will allow you to:

- identify common sources of conflict in sport;
- determine which individuals or groups are most likely to find themselves in situations involving conflict;
- learn important skills that will help you prevent and solve conflict resulting from misinformation, miscommunication, or misunderstanding; and
- develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials, and other coaches.

MENTORSHIP

After completing the **Mentorship** module, you will be able to:

- understand the concept of mentoring;
- understand the process of cognitive coaching;
- acquire and perform the communication skills required to be an effective mentor; and
- utilize the 3 steps of the mentoring process.

NUTRITION

After taking the **Nutrition** module, you will be able to:

- determine if foods and beverages consumed by your athletes before, during, and after training are adequate;
- offer suggestions for more suitable food and beverage alternatives when necessary; and
- gain a better understanding of the best way to promote healthy food choices that are consistent with basic sport nutrition principles to both athletes and their parents.

PERFORMANCE PLANNING

INCLUDES: 2-hour pre-workshop session

After completing the **Performance Planning** module, you will be able to:

- perform a thorough analysis of the demands of your athletes' sport at the elite (high-performance) level;
- outline a program structure based on training and competition opportunities;
- identify appropriate measures for promoting athlete development within your own program;
- integrate yearly training priorities into your own program;
- organize and sequence training priorities and objectives on a weekly basis to optimize adaptations; and
- evaluate the ability of your athletes/team to perform up to their potential in competition.

PLANNING A PRACTICE

The **Planning a Practice** module will give you the skills to:

- organize a well-structured practice plan with safe, age-appropriate activities you've designed to match the proficiency level of participants;
- identify potential risk factors that could impact the sport and practice activities;
- create an emergency action plan; and
- identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.

PREVENTION AND RECOVERY

After taking **Prevention and Recovery**, you will have the knowledge needed to:

- identify common injuries in your sport and develop appropriate prevention and recovery strategies to keep your athletes injury-free during training and competition;
- offer valuable information and guidance on hydration, nutrition, and sleep as they relate to injury prevention;
- choose skills and drills that help athletes perform appropriate warm-ups and cool-downs;
- develop functional evaluations for an athlete's return to play; and
- implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post injury.





PSYCHOLOGY OF PERFORMANCE

Completing **Psychology of Performance** will allow you to:

- help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition;
- learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance;
- learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

RESISTANCE TRAINING

After completing the **Resistance Training** module, you will be able to:

- use resistance exercises that are appropriate to your athletes' stage(s) of development to develop strength;
- identify appropriate resistance training exercises, and sequences of exercises for developing strength; and
- help athletes correctly perform resistance training exercises and monitor their training programs.

TEACHING AND LEARNING

Upon completing the **Teaching and Learning** module, you will be able to:

- assess your own beliefs regarding effective teaching;
- analyze certain coaching situations to determine if they promote learning;
- create conditions that promote learning and self-esteem through:
 - appropriate consideration of the affective, cognitive, and motor dimensions of learning;
 - the use of words and methods that relate to an athlete's preferred learning style;
 - a sound organization;
 - active supervision; and
 - the use of well-formulated feedback offered at the right time, and with the right frequency.
- use teaching assessment grids to gather objective information on teaching effectiveness, and use this data to develop an action plan to enhance your own effectiveness as a teacher and coach.

To enrol in a multi-sport coaching module today,
please click on your Province or Territory below
to find an NCCP delivery agent in your area.



Contact us today!

Additional workshop information as well as sport nutrition tips,
coaching resources and more are available on COACH.ca



NOTE: All information contained within this PDF is current as of APRIL 2016.