

COMMUNITY SPORT

COMPETITION

INSTRUCTION



National
Coaching
Certification
Program

MULTI-SPORT
MODULES





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, NCCP has workshops to meet your needs.

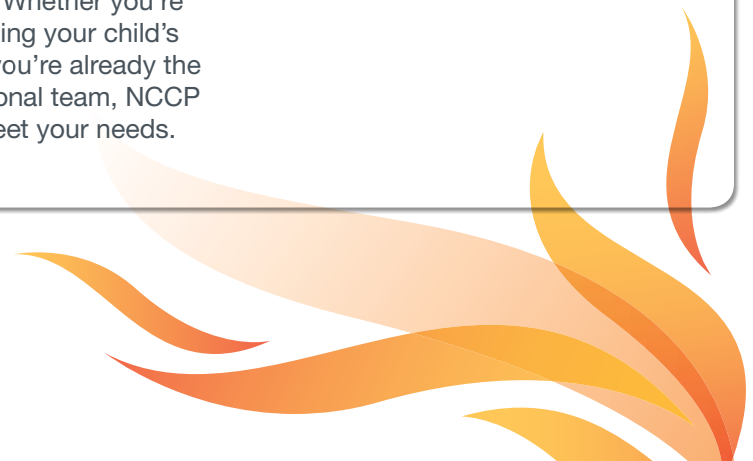
HOW MUCH TIME DOES IT TAKE?

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 National Coaching Certification Program makes it easy to get started and stay motivated on the path towards coaching skills development. Read the descriptions on the following pages 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.



INSTRUCTION COACH

WHO ARE YOU?

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



MULTI-SPORT MODULE DETAILS

Community Sport



Competition



Instruction



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;
- create safe games where children can practise fundamental movement skills.

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;
- apply the NCCP Ethical Decision-Making Model to properly respond to each situation in a way that is consistent with the NCCP Code of Ethics.



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;
- identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.

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;
- 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.

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.

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;
- establish a link between your program's training objectives and the content of practice sessions.



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;
- 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;
- identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

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;
- 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.

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;
- apply the NCCP Ethical Decision-Making Model to your coaching as it relates to keeping your sport and athletes drug-free.



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;
- be able to select and adapt testing and training protocols and methods for athletes training from 6 – 9 to 9 – 12 times per week.

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;
- 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.



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.

Government of Alberta



Contact us today!

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



National Coaching Certification Program

NOTE: All information contained within this PDF is current as of DECEMBER 2011.