

COMMUNITY SPORT

COMPETITION

INSTRUCTION



MULTI-SPORT
MODULES



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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.





NCCP ABORIGINAL COACHING MODULES

The learning activities in this workshop are designed to enable you to help less experienced coaches develop their coaching skills. In particular, you will be able to do the following after finishing this workshop:

- understand the role of sport in Aboriginal communities;
- understand and influencing 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 conduct for your team that respects differences and addresses racism;
- help those you coach make healthy lifestyle choices.

NCCP ADVANCED PRACTICE PLANNING

After completing the **NCCP 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.

NCCP BASIC MENTAL SKILLS

The **NCCP 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.



NCCP COACH INITIATION IN SPORT

NCCP Coach Initiation in Sport is an online NCCP module developed to introduce new or experienced coaches to the foundational skills in coaching, such as: long-term athlete development, ethics, coaching motivation, and athlete safety and wellness. The NCCP Coach Initiation in Sport module will also introduce coaches to the NCCP, a valuable tool for preparing for a coach's first in-person NCCP workshop.

The NCCP Coach Initiation in Sport online module is designed as an important introduction to the key coaching concepts and educational tools that are the foundation of the NCCP. The module remains an excellent informational resource for coaches which they can revisit at any time after successful completion of the module.

NCCP Coach Initiation in Sport is a valuable resource for:

- parents new to coaching;
- new coaches;
- experienced coaches new to the NCCP;
- athletes transitioning to coaching;
- experienced NCCP coaches who need professional development, or a refresh on the fundamental principles of the NCCP; and
- sport administrators who work with the NCCP and coach development.

NCCP COACHING AND LEADING EFFECTIVELY

The **NCCP 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.



NCCP COACHING ATHLETES WITH A DISABILITY

The **NCCP Coaching Athletes with a Disability** eLearning module is designed primarily for coaches who have never coached, or who are new to coaching, athletes with a disability.

Upon completion of this module, you will be able to:

- communicate effectively and respectfully with and about persons with a disability;
- explain the benefits of sport participation for persons with a disability;
- design positive, safe, and inclusive sport experiences for athletes with a disability;
- consider next steps in your professional development related to coaching athletes with a disability.

NCCP COACHING IN SECONDARY SCHOOLS

After completing the **NCCP 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/



NCCP DESIGN A BASIC SPORT PROGRAM

NCCP Design a Basic Sport Program will prepare you to:

- develop a program structure based on opportunities for training and competition;
- establish indicators of athlete development in the program; and
- develop practice plans that reflect seasonal training priorities.

NCCP DEVELOPING ATHLETIC ABILITIES

After completing the **NCCP Developing Athletic Abilities** module, you will be able to:

- identify the athletic abilities required in your athletes' sport;
- evaluate athletes' abilities and interpret data to prescribe training;
- understand training principles, methods and protocols; and
- develop and prescribe training protocols specific to your athletes' age and stage of development.



NCCP EMERGENCY ACTION PLAN

After completing the **NCCP Emergency Action Plan**, you will be able to:

- describe the importance of having an EAP;
- identify when to activate the EAP;
- explain the responsibilities of the charge person and call person when the EAP is activated; and
- create a detailed EAP that includes all required information for responding to an emergency.

Visit the NCCP Emergency Action Plan eLearning page in the Locker to complete this free activity.

NCCP EMPOWER+

After completing the **NCCP 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.



NCCP FUNDAMENTAL MOVEMENT SKILLS

Presented by  teamsnap

The learning activities in the **NCCP Fundamental Movement Skills** workshop will prepare you to:

- detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle;
- apply a teaching process to fundamental movement skills;
- adapt fundamental movement skills for participants with intellectual, physical, sensory or behavioural disabilities;
- lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and
- provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

NCCP LEADING DRUG-FREE SPORT

After taking **NCCP 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.



NCCP MAKE ETHICAL DECISIONS

The NCCP offers coaches the opportunity for training and evaluation in ethical decision-making through the **NCCP Make Ethical Decisions** training, and online evaluation.

By successfully completing the NCCP Make Ethical Decisions training, coaches will be fully equipped to handle ethical situations with confidence and surety. The training helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport.

Upon completing the **NCCP Make Ethical Decisions** training, coaches will 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 situations in a way that is consistent with the NCCP Code of Ethics.

NCCP MAKING HEADWAY IN SPORT

After completing the **NCCP Making Headway 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.

NCCP MANAGE A SPORT PROGRAM

After completing the **NCCP 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.

NCCP MANAGING CONFLICT

The **NCCP 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.

NCCP MENTORSHIP

After completing the **NCCP 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.





NCCP PERFORMANCE PLANNING

INCLUDES: 2-hour pre-workshop session

After completing the **NCCP 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.

NCCP PLANNING A PRACTICE

The NCCP Planning a Practice module consists of two components; a free NCCP Emergency Action Plan eLearning activity, and an in-class / online delivered module. To receive the full credit for the NCCP Planning a Practice module, coaches must complete both components.

This module's goal is to prepare coaches to plan safe and effective practices.

The **NCCP Planning a Practice** learning activities will prepare you to:

- explain the importance of logistics in the development of a practice plan;
- establish an appropriate structure for a practice; and
- identify appropriate activities for each part of the practice.

After completing the **NCCP Emergency Action Plan** eLearning activity, you will be able to:

- describe the importance of having an Emergency Action Plan (EAP);
- identify when to activate the EAP;
- explain the responsibilities of the charge person and call person when the EAP is activated; and
- create a detailed EAP that includes all required information for responding to an emergency.

NCCP PREVENTION AND RECOVERY

After taking **NCCP 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.

NCCP PSYCHOLOGY OF PERFORMANCE

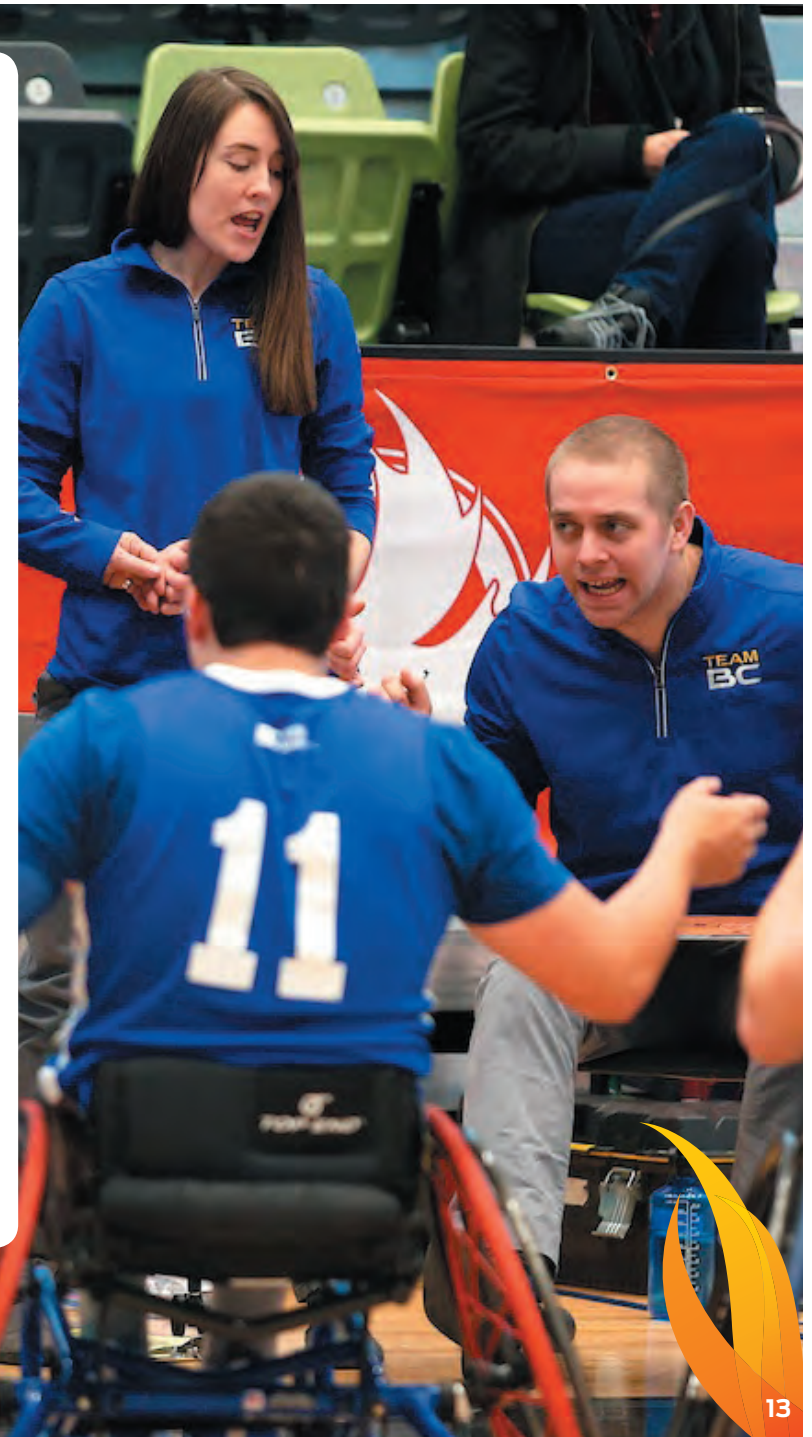
Completing **NCCP Psychology of Performance** will allow you to:

- 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; and
- learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

NCCP RESISTANCE TRAINING

After completing the **NCCP 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.





NCCP SPORT NUTRITION

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

- explain the basic nutritional needs of an athlete;
- take appropriate measures to ensure that athletes stay hydrated during exercise;
- educate athletes on the use of nutritional supplements and sports drinks;
- encourage a positive body image in athletes;
- identify the different types of disordered eating;
- support athletes with special nutritional needs;
- identify common food allergies and intolerances;
- provide accurate guidance to athletes and their parents or caregivers on nutrition before, during and after exercise; and
- provide accurate nutritional guidance to athletes and their parents or caregivers before and during travel.

NCCP TEACHING AND LEARNING

Upon completing the **NCCP 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 www.coach.ca



NOTE: All information contained within this PDF is current as of MARCH 2019.