

COMMUNITY SPORT

COMPETITION

INSTRUCTION



National
Coaching
Certification
Program

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 Modules

NCCP MAKE ETHICAL DECISIONS

The module equips coaches to handle challenging ethical situations with confidence and surety. It helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in team and individual sports.

After completing the **NCCP Make Ethical Decisions** module, you will be able to:

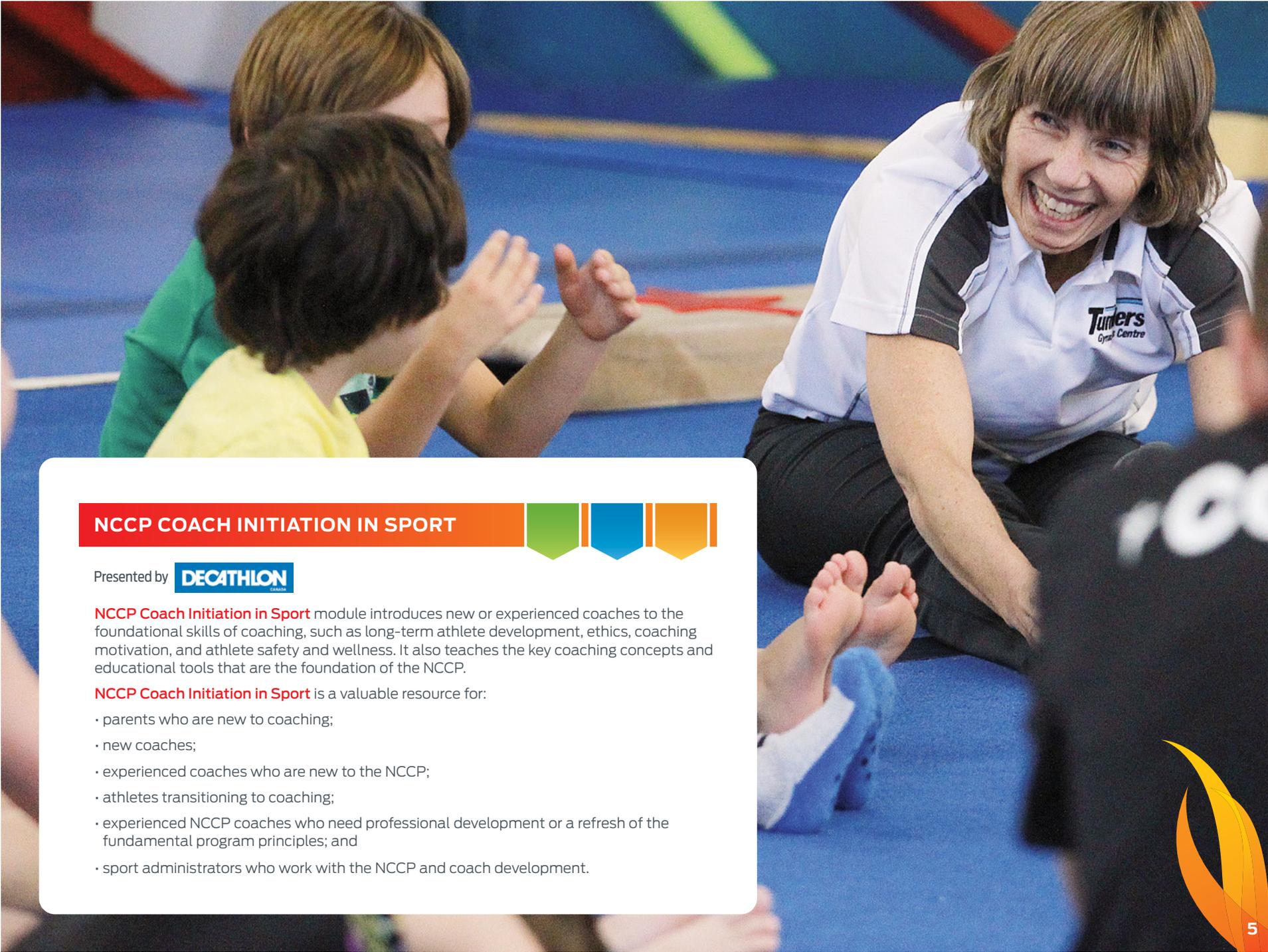
- analyze a challenging situation to determine its moral, legal, or ethical implications; and
- apply the NCCP Ethical Decision-Making Model to properly respond to situations in a way that is consistent with the NCCP Code of Ethics.

NCCP 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 COACH INITIATION IN SPORT

Presented by **DECATHLON** CANADA

NCCP Coach Initiation in Sport module introduces new or experienced coaches to the foundational skills of coaching, such as long-term athlete development, ethics, coaching motivation, and athlete safety and wellness. It also teaches the key coaching concepts and educational tools that are the foundation of the NCCP.

NCCP Coach Initiation in Sport is a valuable resource for:

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



NCCP Competition Intro / Instruction

NCCP BASIC MENTAL SKILLS

After completing the **NCCP Basic Mental Skills** module, you will be able to:

- recognize signs that an athlete may need to improve his or 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 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 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 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.

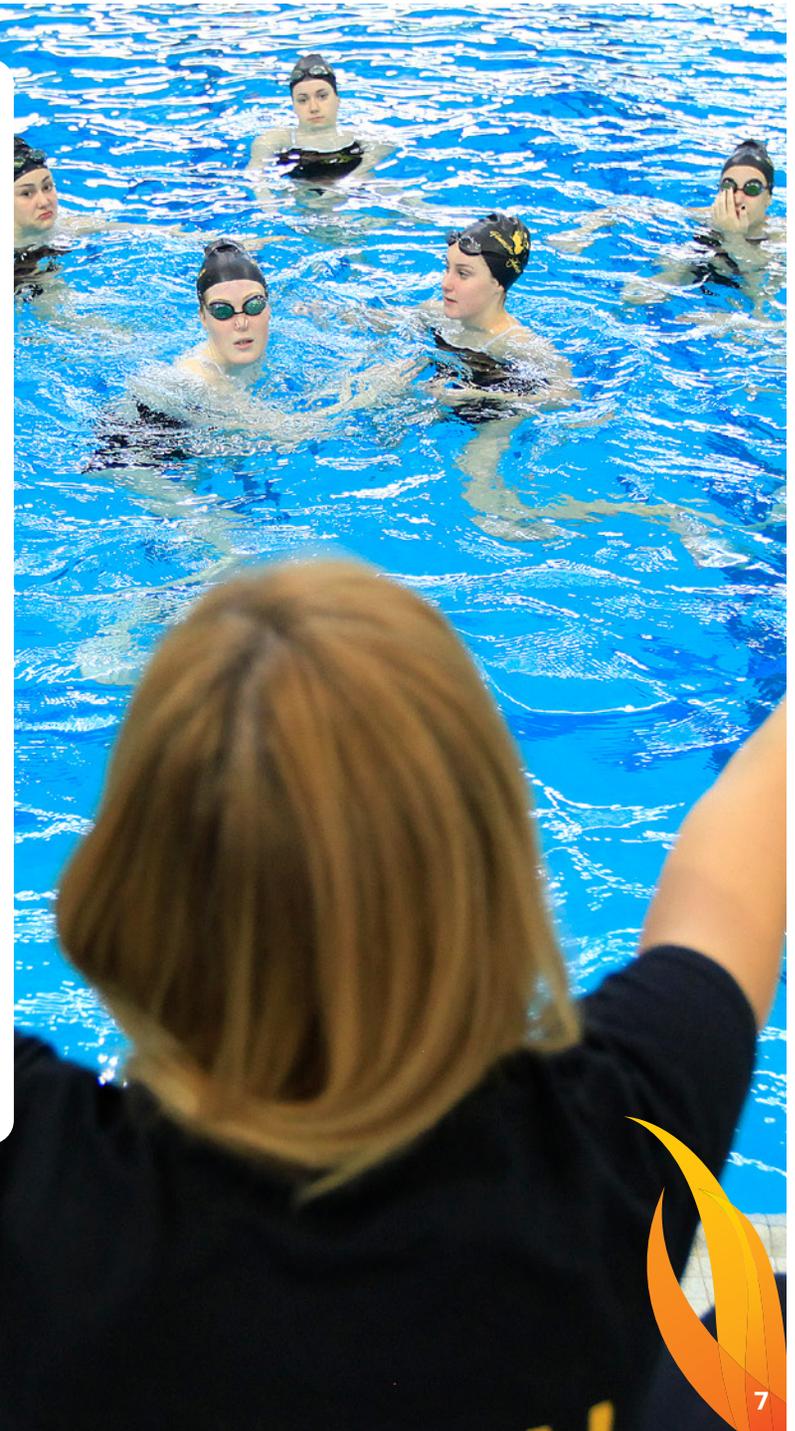
The **NCCP Planning a Practice** learning activities will prepare you to:

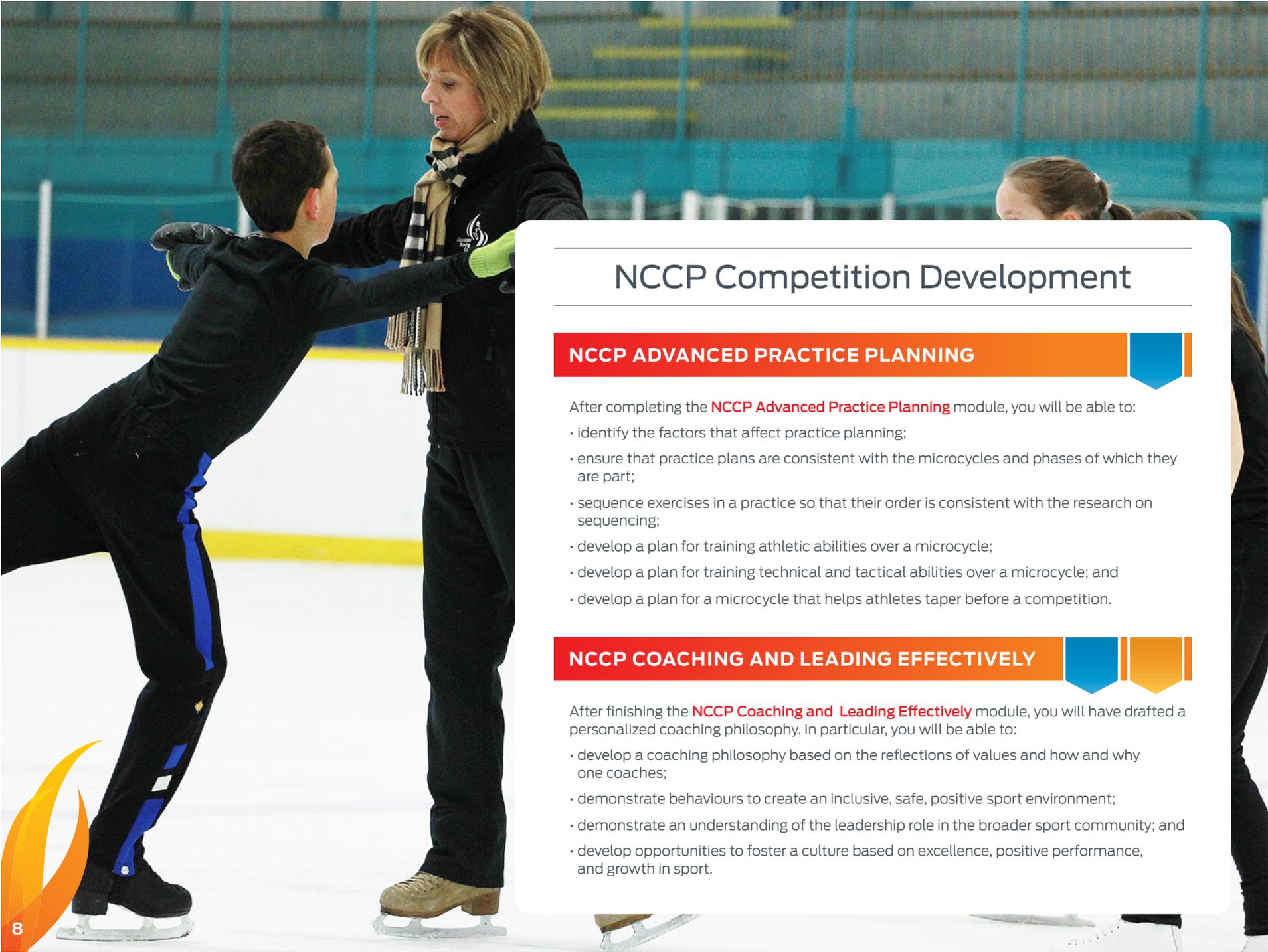
- explain the importance of logistics in the development of a practice plan;
- establish an appropriate structure for a practice; and
- identify appropriate activities for each part of the practice.

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.





NCCP Competition Development

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 COACHING AND LEADING EFFECTIVELY

After finishing the **NCCP Coaching and Leading Effectively** module, you will have drafted a personalized coaching philosophy. In particular, you will be able to:

- develop a coaching philosophy based on the reflections of values and how and why one coaches;
- demonstrate behaviours to create an inclusive, safe, positive sport environment;
- demonstrate an understanding of the leadership role in the broader sport community; and
- develop opportunities to foster a culture based on excellence, positive performance, and growth in sport.

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 LEADING DRUG-FREE SPORT

By the end of the **NCCP Leading Drug-free Sport** module, you will be able to:

- understand and demonstrate the coach's role in leading drug free and clean sport;
- assist athletes to recognize banned substances as identified by the Canadian Centre for Ethics in Sport by providing access to appropriate reference material, or use sport expert;
- educate and provide support to athletes in drug testing protocols at major competitions;
- promote and model the philosophy of fair play, the NCCP Code of Ethics and promote clean and drug-free sport as identified by the Canadian Centre for Ethics in Sport;
- use educational strategies to reinforce the importance of drug-free and clean sport;
- provide educational opportunities to athletes on the use of nutritional supplements and energy drinks; and
- identify and reinforce the consequences of using banned substances.

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

After completing the **NCCP Managing Conflict** training module, you will be able to:

- identify common sources of conflict in sport;
- take steps to prevent and resolve conflict resulting from misinformation, miscommunication or misunderstanding; and
- listen and speak for themselves in conflict situations to maintain positive and healthy relationships with athletes, parents, guardians, officials, other coaches and administrators

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 PREVENTION AND RECOVERY

After finishing the **NCCP Prevention and Recovery** module, you will be able to design a personalized Prevention Action Plan (PAP), which will enhance their athletes' performance and assist in preventing injuries. In particular, you will be able to:

- identify common injuries in sport;
- identify prevention and recovery strategies for common injuries in sport;
- design and implement appropriate warm-ups and cool-downs;
- choose skills and drills that help athletes perform skills correctly;
- support athletes' return to sport through awareness and proactive leadership;
- implement recovery and regeneration techniques to maintain or return to optimal performance in training and competition; and
- provide appropriate information and guidance on hydration, nutrition and sleep that will each contribute to optimal performance in training and competition.





NCCP Professional Development

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 MAKING HEAD WAY IN SPORT

After completing the **NCCP 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.

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 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:

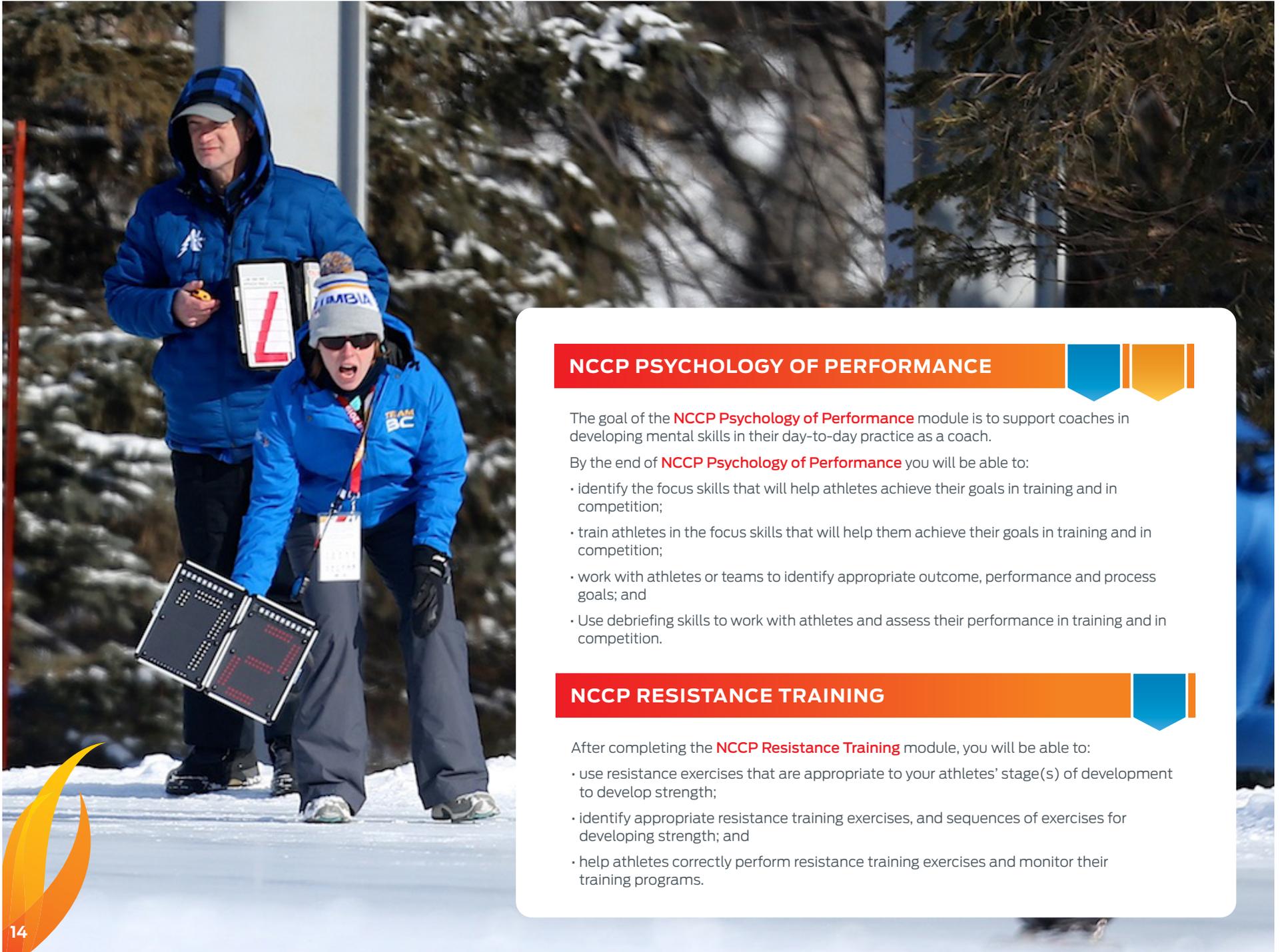
- communicate effectively and respectfully with and about persons with a disability;
- explain the benefits of sport participation for persons with a disability;
- design positive, safe, and inclusive sport experiences for athletes with a disability; and
- consider next steps in your professional development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

NCCP CREATING A POSITIVE SPORT ENVIRONMENT

Participant-centered coaching strategies are an effective way to establish a safe and inclusive sport culture. By placing participants at the centre of the coaching process, coaches can promote growth and athletic development, foster creativity and learning, and protect participants from harm.

After completing the **NCCP Creating a Positive Sport Environment** module, you will be able to:

- describe the characteristics and benefits of participant-centered coaching;
- explain the types of harm that may occur when a coach misuses their power and how to respond to suspicions or knowledge of maltreatment; and
- use positive coaching strategies to create a positive sport environment, enhance safety, and improve learning and performance.



NCCP PSYCHOLOGY OF PERFORMANCE

The goal of the **NCCP Psychology of Performance** module is to support coaches in developing mental skills in their day-to-day practice as a coach.

By the end of **NCCP Psychology of Performance** you will be able to:

- identify the focus skills that will help athletes achieve their goals in training and in competition;
- train athletes in the focus skills that will help them achieve their goals in training and in competition;
- work with athletes or teams to identify appropriate outcome, performance and process goals; and
- Use debriefing skills to work with athletes and assess their performance in training and in 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.



CAC Modules

SAFE SPORT TRAINING

Safe, inclusive sport environments help make sport rewarding and enriching for all. By completing **Safe Sport Training** you will gain the knowledge and skills to create healthy and safe environments by recognizing, addressing and preventing maltreatment in sport.

After completing **Safe Sport Training** you will be able to:

- understand that everyone has a role to play in keeping sport safe, how the misuse of power leads to maltreatment, and the principles of the Universal Code of Conduct;
- understand the various types of maltreatment, the conditions that enable them, and how to recognize signs that they may be happening; and
- know what to do if you suspect maltreatment, and how you can create a culture that protects all participants.

UNDERSTANDING THE RULE OF TWO

After completing the **Understanding the Rule of Two** eLearning module, you will:

- increase your understanding of the Rule of Two;
- increase your confidence and practices when faced with situations in which the **Rule of Two** may apply;
- improve your judgment to assess and implement preventive measures; and
- ask the right questions to understand your sport organization's policies.



MENTAL HEALTH IN SPORT

Mental health impacts the quality of life and performance of both sport participants and coaches. The Coaching Association of Canada's **Mental Health in Sport** eLearning module was developed to educate coaches about mental health to empower them to effectively play a role in supporting the well-being of the participants in their sport program, while also supporting their own mental health.

Sport is linked to a range of positive outcomes, including improved mental health and well-being. Coaches have a great deal of influence over participants' mental health.

After completing the **Mental Health in Sport** eLearning module, you will be able to:

- describe the foundations of mental health;
- recognize and understand your role in promoting coach and participant well-being; and
- understand the importance of self-care.

LEADING A RETURN TO SPORT PARTICIPATION

The process of restarting sport activities presents significant challenges for coaches and participants. After the extended period of restricted training and competition, participants may experience a variety of physical and psychological effects that will influence their return to sport participation.

Coaches play an important role in providing a supportive environment for participants during this transition period. This eLearning module provides guidance and resources to help coaches create a safe and adaptable return-to-sport plan.

After completing **Leading a Return to Sport Participation**, you will be able to:

- identify the physical and psychosocial effects participants may be experiencing;
- understand the role of a coach in facilitating the return to sport participation;
- design a plan to return to sport participation during COVID-19; and
- lead and communicate with empathy.



REDEFINING WINNING COACHING SCHOOL SPORT

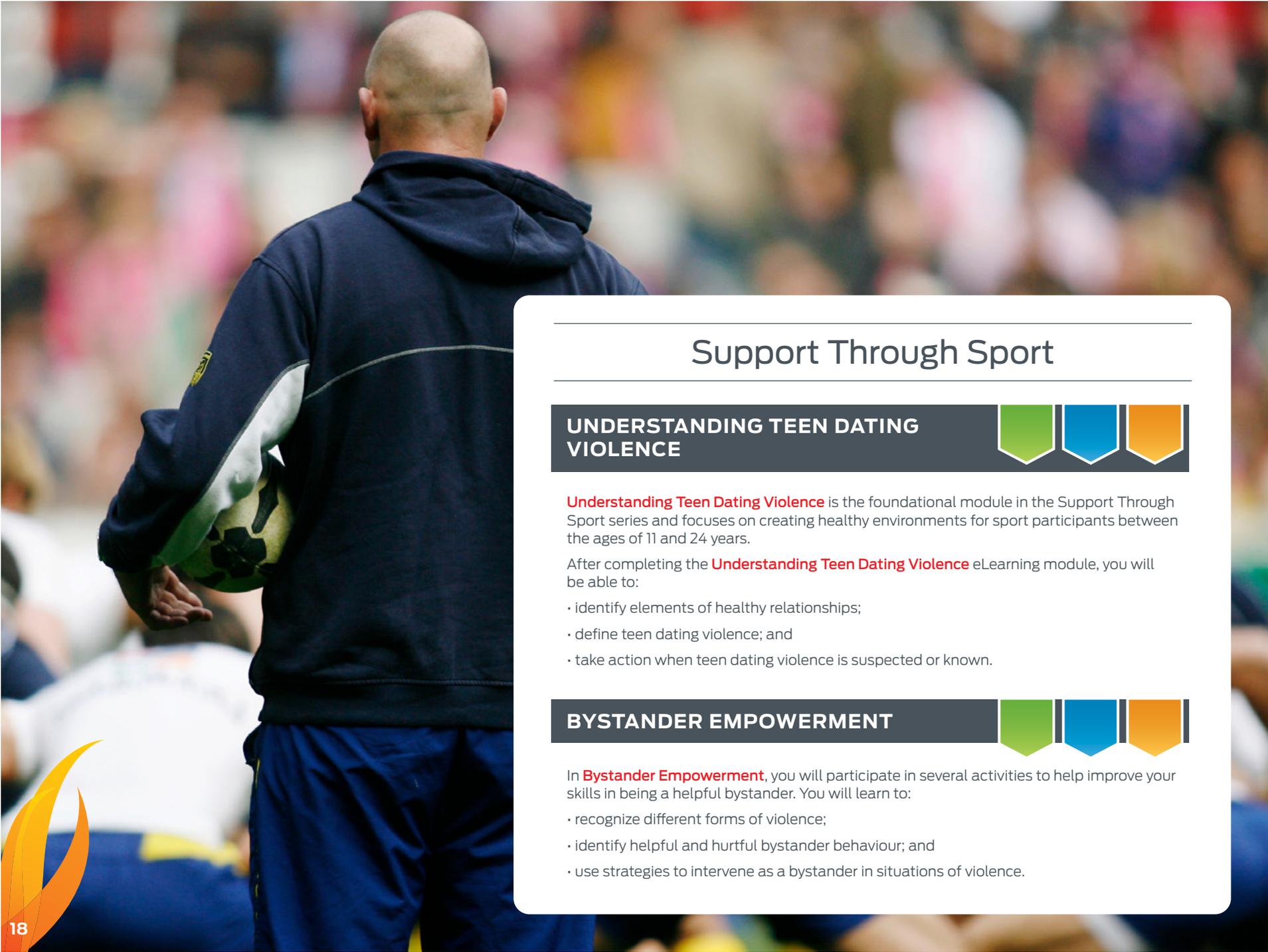
After completing **Redefining Winning - Coaching School Sport** you will learn to:

- promote an environment of learning;
- teach citizenship values;
- promote sportspersonship;
- advocate for a healthy lifestyle; and
- teach life skills.

ANTI-RACISM IN COACHING

By completing the **Anti-racism in Coaching** eLearning module, you will:

- build your knowledge of issues related to race and racism in Canada that affect coaching;
- expand your understanding of how to be an anti-racist coach; and
- cultivate your skills in supporting racialized participants in sport.



Support Through Sport

UNDERSTANDING TEEN DATING VIOLENCE

Understanding Teen Dating Violence is the foundational module in the Support Through Sport series and focuses on creating healthy environments for sport participants between the ages of 11 and 24 years.

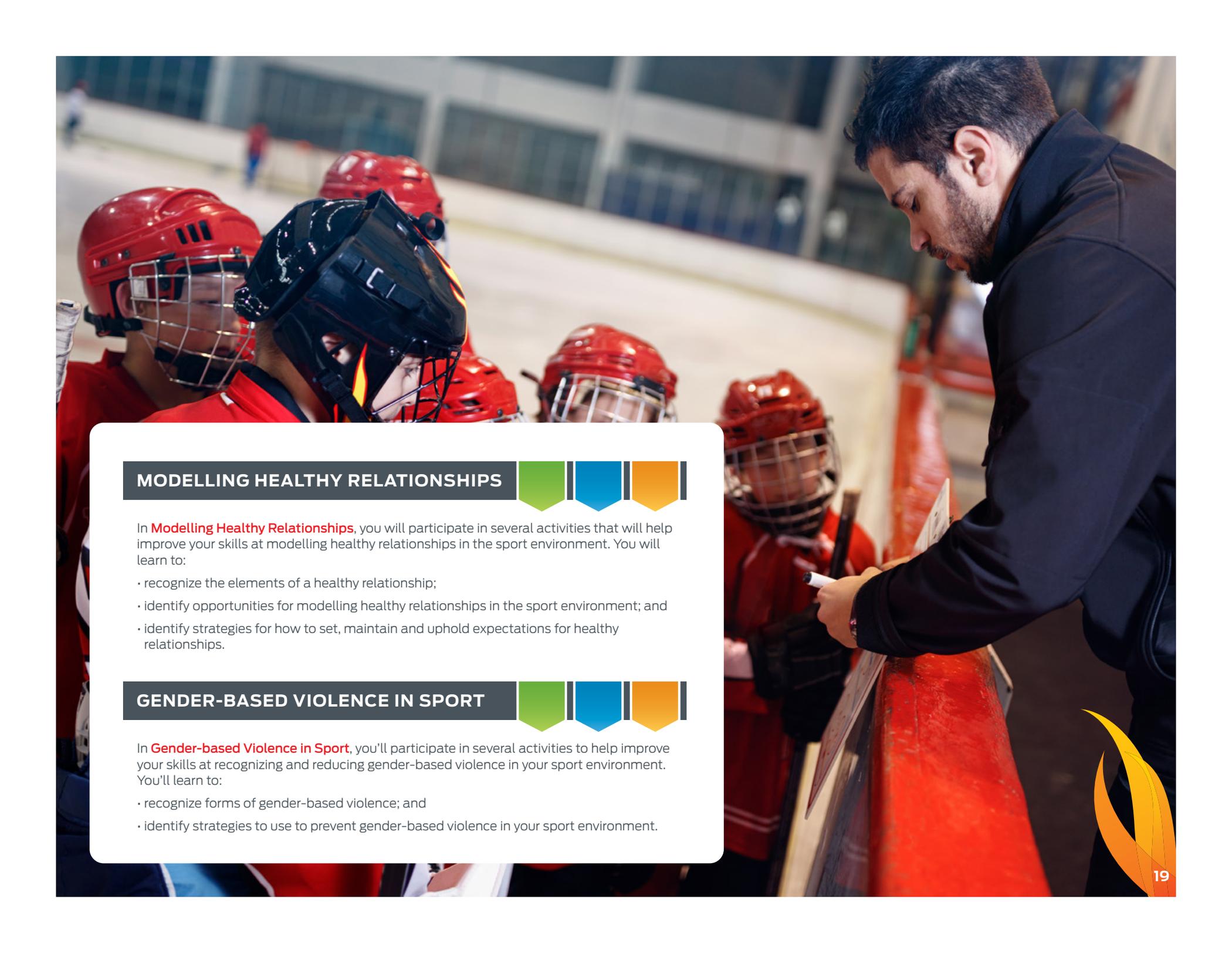
After completing the **Understanding Teen Dating Violence** eLearning module, you will be able to:

- identify elements of healthy relationships;
- define teen dating violence; and
- take action when teen dating violence is suspected or known.

BYSTANDER EMPOWERMENT

In **Bystander Empowerment**, you will participate in several activities to help improve your skills in being a helpful bystander. You will learn to:

- recognize different forms of violence;
- identify helpful and hurtful bystander behaviour; and
- use strategies to intervene as a bystander in situations of violence.



MODELLING HEALTHY RELATIONSHIPS

In **Modelling Healthy Relationships**, you will participate in several activities that will help improve your skills at modelling healthy relationships in the sport environment. You will learn to:

- recognize the elements of a healthy relationship;
- identify opportunities for modelling healthy relationships in the sport environment; and
- identify strategies for how to set, maintain and uphold expectations for healthy relationships.

GENDER-BASED VIOLENCE IN SPORT

In **Gender-based Violence in Sport**, you'll participate in several activities to help improve your skills at recognizing and reducing gender-based violence in your sport environment. You'll learn to:

- recognize forms of gender-based violence; and
- identify strategies to use to prevent gender-based violence in your sport environment.

PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.



The programs of this organization are funded in part by the Government of Canada.

