

NCCP Competition-Development

Multi-Sport Modules via CSI Pacific's International Coaching School

Prepare to work with Train to Compete and Train to Win athletes in 2023 by attending the below modules on Mondays this off-season.

As of 2023, ALL of the below modules will be included in the NCCP Performance-Certified (Comp-Dev) pathway, and this is a unique opportunity to complete these modules online and with a similar group of people throughout.

Module	Time	Dates	LF
Coaching and Leading Effectively	6.00-8.30pm	Sep 12, 19, 26 and Oct 3	Gail Donohue
Psychology of Performance	6.00-8.30pm	Oct 17, 24, 31	Candice Drouin
Managing Conflict	6.00-8.30pm	Nov 7, 14, 21	Gail Donohue
Prevention and Recovery	6.00-8.30pm	Nov 28, Dec 5 and 12	Conan Cooper
Developing Athletic Abilities	6.00-8.30pm	Jan 9, 16, 23	Marc Bowles
Manage A Sport Program	6.00-8.30pm	Jan 30, Feb 6	Candice Drouin
Performance Planning	6.00-9.00pm	Feb 13, 20, 27, Mar 6 and 13	Andrew Latham
Advanced Practice Planning	6.00-8.30pm	Mar 20, 27	Andrew Latham

REGISTER: AUTUMN 2022 (4 modules)

REGISTER: SPRING 2023 (4 modules)

COACHING AND LEADING EFFECTIVELY

\$160

September 12th, 29th, 26th and October 3rd, 2022

6.00pm to 8.30pm

This module gives coaches 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.

PSYCHOLOGY OF PERFORMANCE

\$150

October 17th, 24th and 31st 2022

6.00pm-8.30pm

Completing this workshop will allow coaches 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.

MANAGING CONFLICT

\$120

November 7th, 14th and 21st 2022

6.00pm-8.30pm

This module will allow coaches 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 coaches 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.

PREVENTION AND RECOVERY

\$150.00

November 28th, December 5th and 12th 2022

6.00pm-8.30pm

After taking this workshop, coaches will have the knowledge needed to:

- Identify common injuries in their sport and develop appropriate prevention and recovery strategies to keep their 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.

DEVELOPING ATHLETIC ABILITIES **Includes two-hour online pre-workshop session.*

\$165

January 9th, 16th and 23rd 2023

6.00pm to 8.30pm

After completing this module, coaches will:

- Be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for their 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.

MANAGE A SPORT PROGRAM

\$120

January 30th and February 6th, 2023

6.00pm-8.30pm

As coaches begin to take on more responsibility, they are expected to plan and execute tasks that go beyond the delivery of daily training and the management of the daily training environment. The Manage a Sport Program module provides coaches with the opportunity to plan and interact with program budgeting, setting staff and team expectations, arranging team travel, building athlete agreements, and reporting on athlete/team progress. This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing this module, coaches 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.
- Report on athlete progress throughout program.

PERFORMANCE PLANNING **Includes two-hour online pre-workshop session.*

\$200

February 13th, 20th, 27th March 6th and 13th 2023

6.00pm-9.00pm

To achieve peak performance, an athlete's training program needs to be periodized according to the demands of their sport as well as their individual development needs. The Performance Planning module allows coaches to reflect on the structure of a yearly plan and appropriately sequence training and development priorities to achieve peak performance.

After completing this module, coaches will be able to:

- Perform a thorough analysis of the demands of their 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 their own program.
- Integrate yearly training priorities into their own program.
- Organize and sequence training priorities and objectives on a weekly basis to optimize adaptations.
- Evaluate the ability of their athletes/team to perform up to their potential in competition.

ADVANCED PRACTICE PLANNING

\$120

March 20th and 27th 2023

6.00pm to 8.30pm

For individual training sessions to effectively contribute to the overall objectives of an annual training plan, a coach must understand the outcome of each training session and how their cumulative effects will contribute to athletic development. The Advanced Practice Planning module examines the impact of daily training sequencing and the manipulations that can affect training outcomes.

After completing this module, coaches 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.
- Develop a plan for a microcycle that helps athletes taper before a competition.