

Competition – Development Multi-Sport Module Descriptions

The Competition – Development context focuses on training coaches who are working with athletes who are in the training to train or training to compete stages of long-term athlete development.

Leading Drug-free Sport (3.5 hours)

The Leading Drug-free sport module focuses on the ability of the coach to apply the NCCP Ethical Decision-making Model to sport situations with ethical implications for drug-free sport. This is critical as their athletes at this context are competing at national events, national multi-sport games or beginning to compete internationally where drug-testing is probable. Application of the decision making process reinforces the coaches need to have knowledge of the consequences of using banned substances in sport. Coaches identify educational strategies that they can use to educate athletes about drug-testing protocols at major competitions and take greater responsibility for their sport values and actions.

Managing Conflict (4.5 hours)

Coaches trained in Managing Conflict will be able to identify common sources of conflict in sport, as well as individuals and groups likely to find themselves in conflict situations. They will gain skills in taking steps to prevent and resolve conflict resulting from misinformation, miscommunication, or misunderstanding. They will also develop skills that empower them to listen and speak for themselves in conflict situations so as to maintain positive relationships with athletes, parents, officials, and other coaches. Modeling such behaviour by a coach is the basis for athletes to enhance emotional development and handle the conflict of national and/or international competition.

Coaching and Leading Effectively (8.5 hours)

The Coaching and Leading Effectively module focuses on coaches applying intervention techniques that enhance learning with the aim to improve athletes' performance and to promote group and skill development. Coaches will learn how to promote a positive image of sport and model the image to athletes and those supporting their performance. The module provides coaches with a process that they can use to deliver clear messages and explanations when communicating with athletes and those supporting their performance. Coaches also identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

Psychology of Performance (7 hours)

The Psychology of Performance module focuses on developing coaches' ability to guide athletes through the building of advanced mental preparation skills and focusing skills. It provides coaches with tools to assist athletes in learning how to manage distractions and conduct visualization so they can prepare themselves technically and tactically for training and competitive conditions. The coaches gain knowledge and ideas on how to work with athletes or teams to identify appropriate outcome, performance, and process goals related to their ability to focus on performance. Coaches also gain debriefing skills that both they and athletes can apply to assist athletes in assessing their performance in training and in competition.

Developing Athletic Abilities (9 hours)

Coaches trained in the Developing Athletic Abilities module will be able to implement general and sport-specific training protocols and methods to appropriately develop or maintain sport-specific athletic abilities. Coaches focus on applying training principles and variables to training methods that build an athletes' fitness in endurance, strength and speed as a well sport specific conditioning. After completing the module coaches will also be able to select and adapt testing and training protocols and methods to athletes training from 6-9 to 9-12 times per week in single to triple periodization.

Prevention and Recovery (7.5 hours)

The Prevention and Recovery module trains coaches in identifying common injuries in their sport and developing appropriate prevention and recovery strategies so that their athletes can continue to train and compete injury-free. Coaches learn how to support training and recovery with appropriate information and guidance on hydration, nutrition, and sleep as key factors for preventing injury. With this module, coaches will develop the ability to choose skills and drills that help athletes perform skills correctly and ensure athletes perform appropriate warm-ups and cool-downs. Training is provided so coaches can develop functional evaluations for their athletes' return to play and implement recovery and regeneration techniques to maintain or return to optimal performance in training and competition.