National Coaching Certification Program

Community Sport

Workshop Kit for National Sport Federations

Workshop Kit For NSFs

This kit was developed to assist National Sport Federations (NSFs) in developing a training workshop for Community Sport – Initiation coaches. The kit contains a template for a sport-specific workshop of approximately 10 hours, as well as other resources for program developers working in this context.

Guiding Principles

The community coach is often a parent who has little background in the sport.

The community coach will usually only coach for a short time while her/his child is involved, and the actual time they coach at practices is about 1 hour, 1-2 times per week.

The community coach must leave the workshop with the tools to coach their first season.

Coaching Association of Canada

Description of Community Sport Contexts		
	Initiation	**Ongoing Participation**
Goals of Partipation	Fun, Fitness, Fundamentals	Fun, Fitness, Fundamentals
Frequency of Participation	1-2 times per week	1-2 times per week
Level of Competition	Community	Community
Proficiency Level	Getting started in the sport, aquiring basic skills	Continued participation for fun, acquiring and consolidating basic skills
Age of Participants	Children and youth	Youth to adulthood
Stage in Athlete Development	FUNdamentals	FUNdamentals

Data Tracking

The following markers are available to track coach progress towards achievement of outcomes:

In training marker – I
- Has initiated training

Trained marker – T
- Has completed training as defined by CAC and NSF.

Evaluated marker – E
- A successful evaluation has been completed

Minimum Standards for Training

The minimum length of training to qualify as "NCCP-trained" is one day (normally interpreted as six to eight hours of training, two hours of which focuses on ethics and sport safety). Coaches completing NSF courses of shorter duration or courses that do not include the ethics and safety content will be entered in the database as "I" and will not receive the "NCCP-trained" designation until they have completed these minimum requirements.

Workshop Overview

The following is a list of topics and suggested timelines that are presented in the generic Community Sport template and should be considered when adapting the content into a sport-specific context.

Introduction - 30 min
Step 1 Setting the Scene - 60 min
Step 2 Participants and their Sport Needs - 30 min
Step 3 Ethical Coaching - 90 min
Step 4 The Equipment and the Rules of SPORT - 45 min
Step 5 Practice Coaching Session #1 - 1 h 45 min
Step 6 Practice Planning and Sport Safety - 60 min
Step 7 Tasks of the Community Coach - 30 min
Step 8 Competition Organization - 30 min
Step 9 Practice Coaching Session #2 - 1 h 45 min
Workshop Wrap-Up and Evaluation - (variable)

The total workshop time is approximately 10 hours excluding breaks.

For more information go to www.coach.ca/nccp/index.htm.