

# WELCOME TO THE NCCP COMMUNITY COACH WORKSHOP



Thank–you to our Provincial /  
Territorial Sport & Coaching  
Organizations for their Support!

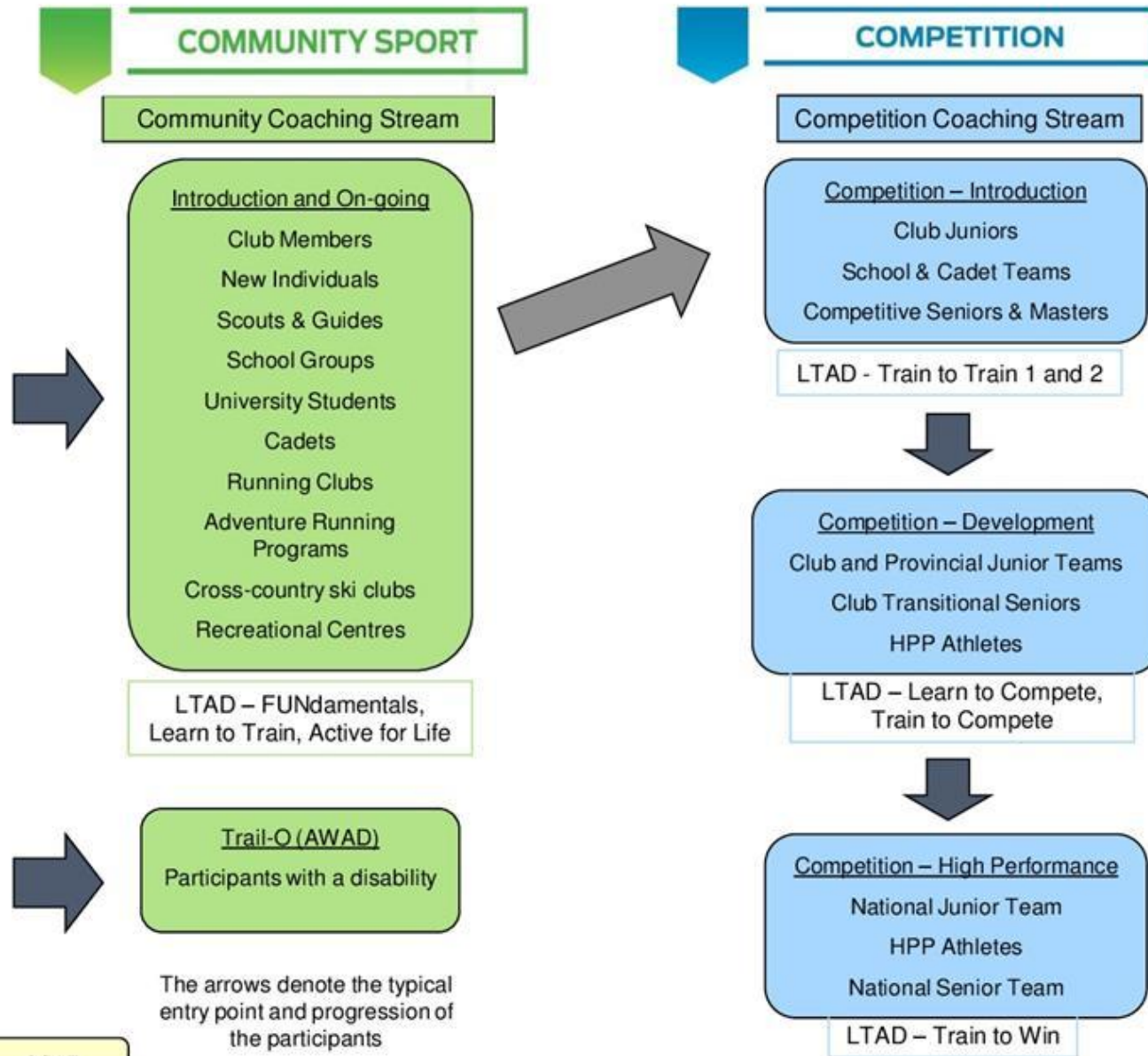


# Workshop Overview & Schedule

Course timeline	Approx. Elapsed time	Approx. Start Time
<b>Introductions / Overview</b>	30 min	9:00
<b>Step 1 - Setting the scene</b>	30 min	
<b>Step 2 - Participants and their sport needs</b>	<b>30 min</b>	<b>10:10 After a break</b>
<b>Step 3 - Equipment / Rules</b>	20 min	
<b>Step 4 - Practice coaching session I</b>	1.5h	11:10 after a break
<b>Lunch</b>	1h	12:30
<b>Step 5 - Ethical coaching</b>	30 min	1:30
<b>Step 6 - Practice planning/safety</b>	40 min	
<b>Step 7 - Tasks of a coach</b>	30 min	2:50 after a break
<b>Step 8 - Competition organization</b>	10 min	
<b>Step 9 - Practice coaching session II</b>	1.45 min	3:30---5:20pm
<b>Wrap-up / Evaluation</b>	10 min	5:20---5:30pm

**Plus travel time.**

# Orienteering Canada's Participant & Coach Development Model



The arrows denote the typical entry point and progression of the participants



2017

# GOAL OF THIS WORKSHOP

- ***To prepare you to perform the tasks that will be required of you as a community coach***

Coaching is unlocking a person's potential to maximize their own performance. It is helping them to learn rather than teaching them.

Timothy Gallwey

Criteria for Success  
@cfsplaybook



# THE LTAD GUIDE



**A nine-stage model based on the physical, mental, emotional, and cognitive development of children and adolescents.**



# STEP 4 - PRACTICE SESSION 1

**Selection of activity: Map walk with teaching of basic skills (page 42 of Toolbox)**

**Hand outs : Practice map, compasses**

## **Standard steps for teaching O-skills**

- **Select an appropriate activity**
- **Safety before activity**
- **Explanation**
- **Demonstration**
- **Organization**
- **Execution/Delivery**
- **Feedback**



# STEP 5 ETHICAL COACHING

... Helping you to make ethical decisions:

## 1. The NCCP Code of Ethics Reference Material pg. 30

It is based on four fundamental principles:

- × Respect for Participants/Athletes
- × Coaching Responsibly
- × Maintaining Integrity in Relationships
- × Honouring Sport

## 2. Ethical Situation Decision-Making Framework

Reference. Material Pg. 27

- × Gathering the Facts
- × Determining Whether the Situation is a Legal one
- × Identify all the Ethical Issues
- × Consider what might influence how you see the situation
- × Use the Code of Ethics to Guide Your course of Action



# STEP 6 SAFETY PLANNING

## Safety First:

### Tools for Risk management:

- × Site Safety Checklist
- × Emergency Action Plan (EAP)
- × Participant Check List



## Coach Liability

Individual reading: NCCP reference material pg. 60-63

## Responding to Injury:

Class activity – Question 3 on page 26 of Workbook

Individual Activity – Question 4 on page 26 - EAP





# STEP 8 - COMPETITIONS

- Keep in mind that for some participants just *doing the sport* is what they want most.
- It is *rewarding* for participants to see competition performance improve as their skills improve.
- To make this a *positive* and memorable experience the athlete *must be organized and well prepared!*



Group activity – page 28 in workbook.  
Task 1 - at a B meet.

# STEP 9 - PRACTICE SESSION II

**1<sup>st</sup> step : Plan a Practice 30 min**  
**2<sup>nd</sup> step: Teach a Practice 1h**

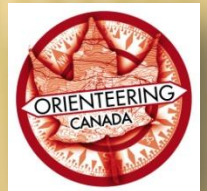


## PRACTICE 2 - DEBRIEF

Self Assessment and review with another coach. (5 min)

Group discussion (5 min)

- ✘ What worked well in your group?
- ✘ What would you change?
- ✘ Other comments on the practice?
- ✘ **Highlight Moments?**



# Thank you for your participation and commitment!

Look for coaching news in the *Coach Communiqué* section of the O-Canada newsletter.

Keep in touch with each other!



Look for updates on the Coaching Certification website. It's called:

