



## **NCCP Course Descriptions**

### **Performance Coach Description**

The **Performance Coach** certification is for coaches who are coaching year round, 40 or more weeks a year and 5-10 sessions a week. The athletes they are responsible for are competing at the national level in the junior or senior categories. The training for this course is event group focused. The main focus of this course is annual planning and periodization.

**Athlete ages:** Girls 16 years and up, Boys 17 years and up

**LTAD Stage:** Train to compete

The following training modules are offered by Athletics Canada to assist coaches in preparing for evaluation. They are also highly recommended as professional development for Certified Club Coaches.

#### ***Planning for Performance***

This 2 day workshop focuses on the development of the yearly training plan, for post Peak Height Velocity (PHV) Training to Train, Train to Compete and Train to Win Athletes focusing on a coach's ability to develop a yearly training plan and adapt it to respond to specific needs of athletes and their respective responses to training. This is an Athletics specific workshop for coaches of all event groups.

As a result of this workshop coaches will be able to:

- Perform a thorough analysis of the demands of the event group;
- Outline a program structure based on training and competition opportunities;
- Identify appropriate measures for promoting athlete development within program;
- Integrate yearly training priorities into program;
- Optimize and sequence training priorities and objectives on a weekly basis to optimize adaptations;
- Evaluate the ability of athletes to perform to their potential;
- Report on athlete progress through the program.

#### ***Performance Analysis and Advanced Practice Planning***

This 2 day workshop focuses on helping coaches hone their ability to detect and correct errors, determine their causes, provide relevant feedback and make appropriate adjustments to both practice and program design. During this workshop coaches will have the opportunity to work

directly with their athlete and/or the athlete of another coach participating in the workshop, as well as with video to hone their skills.

This workshop is event group specific and is offered for the following event groups:

- Sprint/Hurdles
- Jumps
- Throws
- Endurance
- Wheelchair

***Biomechanics (eLearning)***

This eLearning module provides coaches with foundational knowledge of biomechanical principles. The information will guide their application with regards to performance analysis. It is recommended that coaches complete this training prior to completing the Performance Analysis and Advanced Practice Planning module.

A series of multi-sport modules are also recommended for coaches seeking certification.