

The NCCP Model

The NCCP model is made up of three streams and a total of eight contexts, each with its own coaching requirements. Each sport is responsible for identifying how many of the eight contexts are relevant to their sport.

Stream 1 – Community Sport

Coaches in the Community Sport stream typically become involved on a voluntary (and often short-term) basis because their children participate in a sport. They tend to work with participants of all ages who are new to the sport. The Community Sport stream has two coaching contexts: Initiation and Ongoing participation.

Stream 2 – Competition

Coaches in the Competition stream usually have previous coaching experience or are former athletes in the sport. They tend to work with athletes over the long term to improve performance, often in preparation for provincial, national, and international competitions. The Competition stream has three coaching contexts: Introduction, Development, and High performance.

Stream 3 – Instruction

Coaches in the Instruction stream must have sport-specific skills and training, whether coaching at the beginner or advanced skill levels. Many are former participants in the sport. The Instruction stream has three contexts: Beginners, Intermediate performers, and Advanced performers.

The Introduction to Competition context

In order to make the courses as applicable as possible to the coaches, the coaching program is linked to the athlete development model. The initial training program is intended for coaches working with young athletes at the beginning of their competitive sport careers, i.e. the "Introduction to Competition" context

Materials

The modules that are included in the Introduction to Competition context are:

Level 1:

Planning a Practice

Program Design

Physical Preparation: Strength and Power.

Level 2:

Teaching and learning

Basic Mental Skills

Making Ethical Decisions.

Each module has a Reference Manual, a Coach Workbook and a Learning Facilitator Guide, which is available in both English and Arabic.