

NCCP Competition-Development Coach Training and Certification Pathway for Speed Skating

This program is for coaches coaching Canada Winter Games and ISU Junior A, B, C level & up athletes (Train to Train, Learn to Compete, Train to Compete).

Step 1

Attend Multi-Sport Modules: *(Recommended)*

1. Developing Athletic Abilities Pre-course assignment online (www.coach.ca). Login to The Locker.
2. Developing Athletic Abilities multi-sport module (MSM). Register through a province/territory www.coach.ca.
3. Prevention & Recovery of Injuries
4. Psychology of Performance

Step 2

Register for Speed Skating Canada Comp-Dev training & certification Program

Contact: Speed Skating Canada dmorrison@speedskating.ca

Step 3

Attend Speed Skating Training Modules:

1. Introductory Webinar
2. Developing Speed Skating Physiology Webinar
3. Performance Planning Webinars
4. Performance Planning Workshop (2 days)
5. Plan a Practice – Comp-Dev Webinars
6. Technical Model Webinar
7. Analyze Performance (Technical/Tactical) Workshop (2 days)
8. Tapering and Peaking Webinar
9. Manage a Sport Program Webinar

Webinars take place May - September

Attend Multi-Sport Modules (can occur at any time prior to evaluation):

4. Make Ethical Decisions
5. Managing Conflict
6. Leading Drug-Free Sport

Complete Multi-Sport online evaluations: (Required)

- Making Ethical Decisions
- Managing Conflict
- Leading Drug-Free Sport

Speed Skating Evaluation: (Required)

1. Portfolio: to include the following submissions
 - a. Developing Speed Skating Physiology
 - i. Two (2) sample training protocols for speed (alactate/lactate), aerobic power, lactate capacity
 - b. Performance Planning
 - i. a Yearly Training Plan
 - ii. a sample microcycle from each macro cycle
 - iii. a training camp program
 - iv. a competition plan
 - c. Plan a Practice
 - i. Three (3) sample practice plans from different periods of the season
 - d. Analyze Performance Technical
 - i. Analysis of a skater, straight away, corner, start
 - ii. Corrective exercises for identified performance gaps
 - e. Analyze Performance Tactical
 - i. A race analysis
 - ii. A race plan
 - iii. A competition plan
 - f. Taper and Peaking
 - i. A four (4) week training plan leading to a major competition
 - g. Manage a Sports Program
 - i. A communication plan for skaters, parents and stakeholders
 - ii. A performance recruitment plan
2. Direct Observation – in Training
3. Direct Observation – in Competition