

# NATIONAL COACHING CERTIFICATION PROGRAM

Over the past several years, there has been a major review and revisions to the old NCCP programme. The transition has been referred to as CBET (Competency Based Equivalency Training). The changes are basically to move the stream to a level that fits the needs of the current team rather than to the progressive level of the individual taking the course. Final revisions are almost complete and the programme will again be called NCCP. Please note the following overview of the levels.

## **Coach Stream (8 Hrs)**

(Pre-Task Workbook)

- Supporting the Athlete in the Team Environment
- Supporting the Athlete in the Training Environment
- Supporting the Athlete in the Practice Environment
- Supporting the Athlete in the Game Environment

(Post-Task Workbook)

## **Development I (14 Hrs)**

(Pre-Task Workbook)

- Communication Philosophy
- EAP
- Building Confidence
- Teambuilding Meeting
- Growth and Development
- Analyze Individual Skills
- Design & Conduct a Drill
- Design Drill Progressions
- Modify Yearly Plan
- Goaltending
- Link Individual Skills with Individual Tactics
- Link Skills & Tactics with Thinking
- Transition Game to Practice
- 2 - Player Team Tactics
- Plan & Conduct a Practice

(Post-Task Workbook)

## **Development II (14 Hrs)**

(Pre-Task Workbook)

- Analyze Skills with Tactics
- Design Drill Progressions
- Mental Preparation - Focus, Anxiety, Goal Setting
- Individual Tactics – Part 2
- 3- 5 Player Team Tactics
- Team Systems / Strategy
- Fitness & Nutrition
- Plan & Conduct Practice - Part 2
- Game Analysis, Bench Management, Communicating with players in game setting

(Post-Task Workbook and Field Evaluation)