



Coaching  
Association  
of Canada

# Multi-sport Modules Competition – Introduction **PART B**



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## Design a Basic Sport Program (4 hours)

Outline the structure of the sport program using training and competition events. Compare the major orientations of the coach's own program to those proposed by the NCCP in terms of long-term athlete development. Assess the athletic development opportunities offered through the program, and identify possible options to address identified weaknesses. Interpret information contained in a sample program designed for a family of sports and identify training priorities and objectives at certain periods. Establish a link between a program's training priorities and objectives and the content of practice sessions on a weekly and daily basis.



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## Teaching and Learning (6 hours 30 minutes)

Assess own beliefs regarding effective teaching. Analyze certain coaching situations to determine whether or not they promote learning. Create conditions that promote learning and self-esteem through (1) appropriate consideration of the affective, cognitive, and motor dimensions of learning; (2) use of words and methods that relate to the athlete's preferred learning style; (3) a sound organization; (4) active supervision; and (5) provision of feedback that is well-formulated, and offered at the right time and frequency. Use teaching assessment grids to gather objective information on teaching effectiveness. Interpret these data to develop an action plan to enhance teaching effectiveness.



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## Basic Mental Skills (3 hours)

Recognize certain signs showing that an athlete may need to improve his/her skills in areas such as goal setting, focus, and anxiety control. Develop an action plan that will enable the athlete to improve in these areas. Run simple guided activities that will enable the athlete to improve these basic mental skills.

### THE MATERIALS

Each multi-sport module has three documents:

- Coach Workbook*
- Reference Material*
- Facilitator Guide*



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