

COMPETITION



National  
Coaching  
Certification  
Program

LACROSSE

COMPETITION  
DEVELOPMENT



Association  
canadienne  
de crosse



Canadian  
Lacrosse  
Association



## COMPETITION DEVELOPMENT

In order to give your athletes every advantage in sport, you must know how to keep them focused, motivated and aware of the aspects that can give them their competitive edge. This clinic offers specialized approaches on how to get the most from your athletes, both physically and mentally, through preparation and a heightened attention to detail.

### LEARNING OUTCOMES

Upon completing this clinic you will be trained to:

- Support players through performance planning for safety, injury prevention and athlete development;
- Design and manage programs to support training and competition priorities;
- Develop player's decision making and technical skills using specific techniques to analyze performance;
- Make ethical decisions and promote drug-free lacrosse.

### CLINIC STRUCTURE

This clinic is split into three workshops, each one lasting 2 ½ to 3 days:

#### Workshop A

- Analyze Technical & Tactical Performance;
- Coaching and Leading Effectively.

#### Workshop B

- Managing Conflict;
- Psychology of Performance.

#### Workshop C

- Practice Planning 2;
- Performance Planning.

**Note:** Workshops do not necessarily need to be taken in order.

There is also a separate component to this clinic that is approximately 20 hours and covers the following three separate multi-sport modules:

- **Leading Drug-free Sport;**
- **Prevention and Recovery;**
- **Developing Athletic Abilities.**

### PRIOR LEARNING

Coaches must have *Competition Introduction Trained* status to attend this clinic.

### EVALUATION AND CERTIFICATION

Completing the Competition Development clinic will give you *In Training* status. In order to receive *Trained* status, you must complete the **Evaluation Portfolio**. In order to receive *Certified* status, you must complete the three in-person evaluations:

- **Support to Athletes in Training;**
- **Analyze Performance;**
- **Support the Competitive Experience;**

as well as these three online evaluations:

- **Make Ethical Decisions;**
- **Managing Conflict;**
- **Leading Drug-free Sport.**

### AGE OF ATHLETES

17 years of age or older.

**SIGN UP TODAY!**

**[nccp.lacrosse.ca](http://nccp.lacrosse.ca)**

Click **Register Now** or log in to begin.  
Fees vary by province or territory.

The schedule and fees for the **Competition Development** clinic vary for each province and territory. If you have questions about the **Competition Development** clinic in your region, click on your province/territory below.

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## Why NCCP?

### IT BEGINS HERE.

Coaches are mentors, motivators and leaders. Along with parents and teachers, coaches have a profound impact on the future of our children. It's a great responsibility, and Canada's two million coaches embrace it with passion and dedication.

The National Coaching Certification Program (NCCP) gives coaches the confidence to succeed. When you take an NCCP workshop, you'll not only gain sport-specific technical abilities, but also leadership and decision-making skills.

NCCP training will open doors to new opportunities in coaching and in life.

## Contact us today!

To start on your pathway to certification visit us online at [lacrosse.ca](http://lacrosse.ca)

**Additional workshop information as well as sport nutrition tips, coaching resources and more are available on [COACH.ca](http://COACH.ca)**



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NOTE: All information contained within this PDF is current as of AUGUST 2011.