

SOFTBALL COMPETITION – DEVELOPMENT CERTIFICATION OUTLINE

DESCRIPTION

Softball's Competition - Development Clinic is the workshop that replaces Level 3 Technical in the old NCCP. This context focuses on coaches working with athletes who are in the Train to Train and Train to Compete stages of Softball's Long-Term Player Development model. These athletes/teams are competing at the U16, U18, U21 and Senior Canadian Championships, at the Canada Summers Games or U21 Men's International Championship and at Junior World Championships. This context is also the minimum requirement for coaches to apply for National Team coaching positions.

WHO IS ELIGIBLE

Coaches who have the following NCCP training or certification are eligible:

- Level 2 certified or higher in old Levels NCCP in Softball
- Softball Competition – Introduction Trained in new NCCP
- Softball Competition – Introduction Certified in new NCCP

1. COMPETITION-DEVELOPMENT CLINIC:

The clinic involves softball specific training modules offered over two weekends of training.

2. MULTI-SPORT TRAINING

Coaches must complete six generic multi-sport modules which are offered through the provincial/territorial organization that is responsible for coaching education in their respective province/territory. These modules are generic sport modules and coaches from a variety of sports may be in attendance. These courses are modular and are offered individually. In some cases, there are home study options for each of the modules available for coaches who cannot attend the face to face training workshops. The 6 multi-sport modules are:

- **Coaching and Leading Effectively (10 hours, 1.5 days)**
 - After taking this module you will be able to:
 - Promote a positive image of sport, and model it to athletes and those supporting their performance
 - Deliver clear messages and explanations when communicating with athletes and their supporters;
 - Identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.
- **Leading Drug Free Sport (3.5 hours)**
 - After taking this module you will be able to:
 - Fully understand and explain the consequences of using banned substances in sport
 - Educate athletes about drug-testing protocols at major competitions;
 - Encourage athletes to safeguard their sport values and take greater responsibility for their personal actions;
 - Apply the NCCP Ethical Decision-Making Model to your coaching as it relates to keeping your sport and athletes drug-free
- **Managing Conflict (4.5 hours)**
 - The Managing Conflict module will allow you to:
 - Identify common sources of conflict in sport;
 - Determine which individuals or groups are most likely to find themselves in situations involving conflict;
 - Learn important skills that will help you prevent and solve conflict resulting from misinformation, miscommunication or misunderstanding;
 - Develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials and other coaches

- **Performance Psychology (7 hours)**
 - Completing Psychology of Performance will allow you to:
 - Help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition;
 - Learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance;
 - Learn debriefing skills that can be used to help athletes assess their performance in both training and competition.
- **Developing Athletic Abilities (9 hours + 2 hour pre-task)**
 - After completing the Developing Athletic Abilities module, you will:
 - Be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for your sport;
 - Know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed and sport-specific conditioning;
 - Be able to select and adapt testing and training protocols and methods for athletes training from 6 – 9 to 9 – 12 times per week.
- **Prevention and Recovery (7.5 hours)**
 - After taking Prevention and Recovery you will have the knowledge needed to:
 - Identify common injuries in your sport and develop appropriate prevention and recovery strategies to keep your athletes injury-free during training and competition;
 - Offer valuable information and guidance on hydration, nutrition and sleep as they relate to injury prevention;
 - Choose skills and drills that help athletes perform appropriate warm-ups and cool-downs;
 - Develop functional evaluations for an athlete's return to play;
 - Implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post injury.

It is recommended that the multi-sport modules be completed before a coach attends the softball-specific Competition-Development training workshops but it is not required. However, they are required for certification. These elements can be completed at any time and are offered in all provinces/territories.

3. EVALUATION

To achieve Competition – Development Certified status, a coach will need to successfully complete the evaluation process for Competition Development which will include:

- Softball-Specific Competition – Development Evaluation:
 - Submission of a Coaching Portfolio with completion of various tasks
 - On-Field Evaluation of a practice
 - On-Field Evaluation of a game
 - Completion of the Softball Canada Level 1 Umpire Exam with 70% or better
- On-line evaluations offered by the Coaching Association of Canada of:
 - Make Ethical Decisions for the Competition – Development context
 - Managing Conflict
 - Leading Drug Free Sport

NOTE: If not already completed through previous NCCP training, the completion of Make Ethical Decisions (MED) training and the associated online evaluation for the Competition – Development context is required for certification

For information on Multi-Sport Comp-Development Training Modules offered in the Province of Alberta please go to this website:

www.asrpf.ca/media/165240/newsletter_winter_2013.pdf