



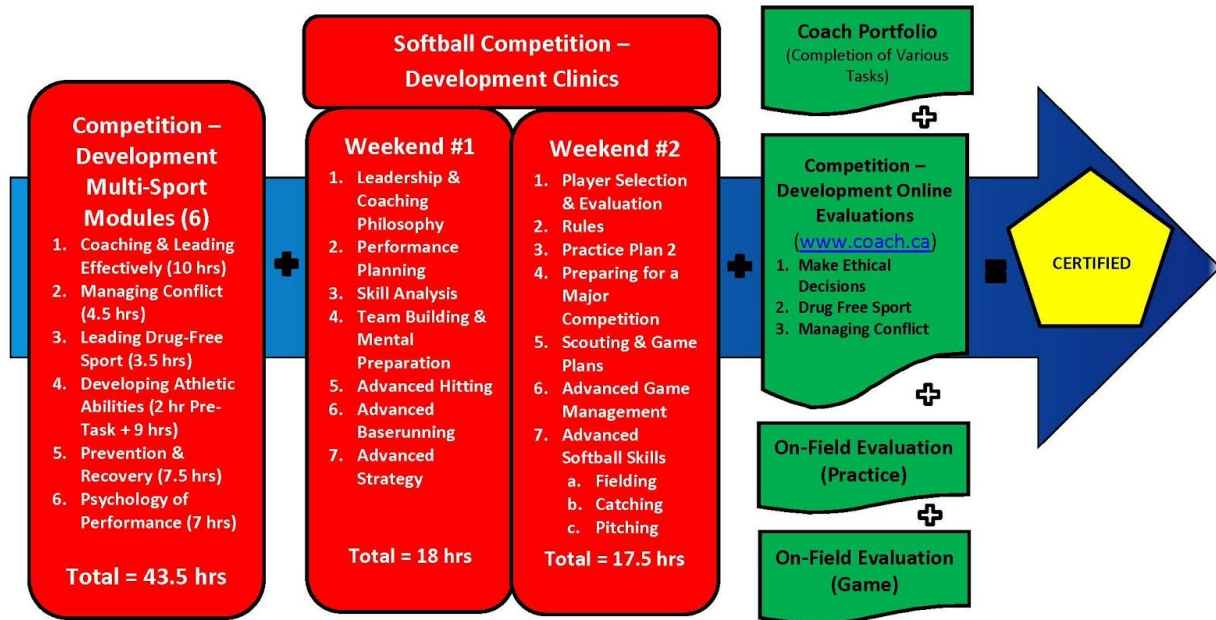
# Competition-Development, Softball

## DESCRIPTION

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, U19, U23 and Senior Canadian Championships, at the Canada Summers Games and at Junior World Championships. This context is also the minimum requirement for coaches to apply for National Team coaching positions. The training workshops involve both softball-specific training modules offered over two weekends of training and generic multi-sport modules offered through the designated provincial/territorial organization responsible for NCCP training.



## Competition – Development Coach Pathway (Train to Train/Train to Compete Stages)



\*If a coach does not have MED training, they will likely need to take this training prior to taking the online evaluation.  
 \*\*To **maintain certification**, coaches are required to complete **thirty (30) professional development credits** over a 5 year period. Professional Development can include such things as NCCP clinics, NCCP multi-sport workshops, or approved softball clinics/seminars/symposiums.

### WHO IS ELIGIBLE

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

Softball Competition – Introduction Trained

Softball Competition – Introduction Certified P

Coaches with no or little prior NCCP training or certification may be eligible to participate. Please contact Softball Canada (contact info below) to discuss prior to applying. The following criteria will be considered:

**Current or former National Team player**

**Coaches with extensive coaching experience in elite softball at the national level.**

**Player with extensive playing experience at the national level or international level.**

## APPLICATION

To apply to participate in Softball Canada's Competition – Development training, please complete the online application form or email Softball Canada. Successful applicants will be notified ASAP after receipt of application form.

## SOFTBALL-SPECIFIC TRAINING

### What:

Softball Canada in partnership with one Eastern and Western Provincial/Territorial Softball Association will host the softball-specific training portion of our Competition – Development context. The softball-specific training for the Competition – Development context consists of two weekends of training. Coaches are required to attend both scheduled weekends of training. Completion of the softball-specific training for the Competition – Development will give the coach an NCCP status of Competition – Development In-Training status. The coach will then need to complete the generic multi-sport modules to receive the Competition – Development Trained status. Participants will be directed on how to complete the evaluation process to receive the Competition – Development Certified status during the training workshop.

### When:

YEAR	EAST	WEST
2017-2018	Quebec	Alberta
2018-2019 <sup>(WCSGs)</sup>	ON	BC
2019-2020	Atlantic (Regional)	Manitoba and Saskatchewan
2020-2021 <sup>(CSGs)</sup>	No Clinics	No Clinics
2021-2022	Quebec	Alberta
2022-2023 <sup>(WCSGs)</sup>	Ontario*	BC
2023-2024	Atlantic (Regional)	Manitoba and Saskatchewan
2024-2025 <sup>(CSGs)</sup>	No Clinics	No Clinics

Course Fee: TBD (covers both weekends of training, coach workbooks, reference material, rulebook and Level 3 Technical Manual).

Note: Coaches should contact their Provincial/Territorial Softball Association to see if there are any grants or funding available to offset the cost of participation in the Competition – Development clinics.

## **MULTI-SPORT TRAINING**

Coaches must complete six generic multi-sport modules. 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 distance learning and 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.

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.

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. For information on attending a Competition – Development Multi-Sport Module or completing the modules by home study, contact the provincial/territorial organization responsible for coaching education in your respective province/territory.

## **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
- On-line evaluations offered by the Coaching Association of Canada of:
  - Make Ethical Decisions for the Competition – Development context
  - Managing Conflict On-Line Test
  - Leading Drug Free Sport On-Line Test

### **FOR MORE INFORMATION:**

For more information or to ask questions about the Softball Competition – Development Clinic, please contact:

Kristin Noonan, Softball Canada (B) 613-523-3386, [knoonan@softball.ca](mailto:knoonan@softball.ca)