Coaching Manitoba Presents:
Professional Development Workshops
Coaching Professional Development Opportunities

Coaching Manitoba has a menu of sessions and topics that we can deliver across the province, both NCCP and Non-NCCP, to help provide education to all coaches in Manitoba. Sessions can vary in length from 90 min to 6 hours. All of our sessions also meet the Coach Association of Canada Professional Development requirements for certification maintenance.

Contact Coaching Manitoba for more information (see last page for contact information)

NCCP

Make Ethical Decisions (3 hours 30 minutes)
Analyze a situation that has moral implications. Determine whether the situation has legal or ethical implications. Identify the ethical issues in the situation. Apply the NCCP ethical decision-making framework to respond to an ethical situation adapted to the context, and produce a response that is consistent with the NCCP Code of Ethics.

Nutrition (75 minutes)
Assess whether foods and beverages consumed by athletes before, during, and after training or competition are adequate, and offer suggestions pertaining to suitable alternatives where necessary. Design strategies to influence parents and athletes in order to promote food choices that are consistent with basic sport nutrition principles.

Planning a Practice (6 hours 15 minutes)
Organize activities within a practice plan that is well-structured, adapted to the participants’ age, and reflects safety considerations. Distribute activities appropriately in the various parts of the practice. Identify potential risk factors for the sport and the activities. Design an emergency action plan. Identify suitable practice goals. Design activities that have appropriate characteristics for the sport, the age group, and the proficiency level of participants. Design activities in such a way as to obtain certain training effects on the athletic abilities required in the sport.

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.

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.
Managing Conflict (3 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.

Leading Drug Free Sport (3 hours)
After taking Leading Drug-free Sport 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.

Developing Athletic Abilities (full day)
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.
- INCLUDES: 2 hour online pre-workshop session

Prevention & Recovery (full day)
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.
**Psychology of Performance (full day)**
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.

**Performance Planning (12.5 hours)**
In order to achieve peak performance, an athlete’s training program needs to be periodized according to the demands of their sport, as well as their individual development needs. The Performance Planning module allows coaches to reflect on the structure of a yearly plan, and appropriately sequence training and development priorities so as to achieve peak performance.

After completing the Performance Planning module, you will be able to:

- perform a thorough analysis of the demands of your athletes’ sport at the elite (high-performance) level;
- outline a program structure based on training and competition opportunities;
- identify appropriate measures for promoting athlete development within your own program;
- integrate yearly training priorities into your own program;
- organize and sequence training priorities and objectives on a weekly basis to optimize adaptations; and
- evaluate the ability of your athletes/team to perform up to their potential in competition.
- As coaches begin to take on more responsibility, they are expected to plan and execute tasks that go beyond the delivery of daily training and the management of the daily training environment.
- For individual training sessions to effectively contribute to the overall objectives of an annual training plan, a coach must understand the outcome of each training session and how their cumulative effects will contribute to athletic development.

**Advanced Practice Planning (4.75 hours)**
This module examines the impact of daily training sequencing, and the manipulations that can affect training outcomes. This is a great follow-up to the Planning a Practice module. It is recommended that the Performance Planning module be taken before Advanced Practice Planning.

After completing the Advanced Practice Planning module, you will be able to:

- identify the factors that affect practice planning;
- ensure that practice plans are consistent with the microcycles and phases of which they are part;
- sequence exercises in a practice so that their order is consistent with the research on sequencing;
- develop a plan for training athletic abilities over a microcycle;
- develop a plan for training technical and tactical abilities over a microcycle; and
• develop a plan for a microcycle that helps athletes taper before a competition.

**Manage a Sport Program module (4 hours)**

This module provides coaches with the opportunity to plan and interact with program budgeting, setting staff and team expectations, arranging team travel, building athlete agreements, and reporting on athlete/team progress. This module is perfect for any club head coach, provincial team coach, aspiring team manager, or technical administrator.

After completing the Manage a Sport Program module, you will be able to:

• manage administrative aspects of the program and oversee logistics;
• manage staff’s roles and responsibilities;
• manage camp and tournament finances and travel; and
• report on athlete progress throughout program.

**Mentorship (6.75 hours)**

This course is designed to prepare individuals to step into their role as a mentor with clarity of purpose, and confidence in their actions. The training reaffirms and strengthens their abilities and skills as a mentor, while expanding upon the mentor’s knowledge of the mentoring process. Completing the training will provide the mentor with standards and protocols for the implementation of mentoring within their coaching community.

By the end of the training, the mentor will:

• understand the concept of mentoring;
• understand the process of cognitive coaching;
• acquire and perform the communication skills required to be an effective mentor; and
• utilize the 3 steps of the mentoring process.
• Training will include small group tasks, discussions, and debriefs. The emphasis will be on practicing the communication skills required of a mentor.

**Fundamental Movement Skills - Coach Professional Development (3 hours)**

The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, and balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity. Learn how to OBSERVE and IMPROVE the fundamental movement skills through the format listed below which is best suited to you and your line of work.

Target: Coaches or instructors with previous NCCP training/elementary school teachers.

**The FMS module will give participants the skills to:**

• analyze and identify the various stages of development for the fundamental movement skills;
• apply a six-step process to teaching the fundamental movement skills;
• create safe games where children can practise fundamental movement skills.
Aboriginal Coaching Module (8 hours)
If you work with, or supervise youth of Aboriginal heritage, this workshop is an essential resource. If you wish to understand, relate to, and apply Aboriginal cultural perspectives that will allow you to motivate, inspire, and lead those youth towards a successful and meaningful lifestyle, this workshop was designed for you.

This interactive workshop is available to both Aboriginal and mainstream organizations who have Aboriginal youth in their sport, social, or employment programs. Aboriginal Sport Circle’s trained instructors will facilitate discussions which include role playing and group activities to engage all participants. This type of interactive setting has provided a fun, fulfilling, and positive learning experience for both participants and facilitators alike.

The workshop includes unique methods and perspectives not found in mainstream coaching certification programs. It is holistic in its approach and includes teachings of the Medicine Wheel, the four gifts, as well as the values within the four pillars and many other issues that are unique to Aboriginal culture.

The Aboriginal Coaching Modules were designed to provide culturally relevant courses for coaches and people working with Aboriginal youth and athletes

Empower + (4 hours)
Take your coaching to the next level!

An incredible addition to our NCCP workshop lineup, Empower + is an intense and thought provoking 4-hour workshop that will teach you how to enhance the well-being of the athletes in your care and be a positive role model in the world of sport.

In an interactive and dynamic learning environment, our expert facilitators will guide you through how to enhance athlete welfare by:

- Recognizing the potential for, and presence of maltreatment in sport;
- Learning when and how to intervene when you observe or suspect maltreatment.

You will bring your coaching to new heights by:

- Implementing the NCCP's renowned six-step decision-making model;
- Mastering the art of the difficult conversation; and
- Creating a list of key positive athlete development strategies you can implement in your coaching right away.
- This NCCP workshop will set you up for success in coaching and in life!

Resistance Training (4 hours)
A must-have for competitive coaches, this 4-hour dynamic and interactive introductory workshop will teach you how to prevent injuries and increase athlete performance through proven resistance training tools. Become a better coach by augmenting your plan with elements such as:

- Basic lifts
- Stability training
- Core training

**Title: Run Jump Throw**

Who: Teachers

Length: full day Teach PD/ 14 hour coach education

What is it: Athletics Coach education for L2T stage of athletes, research proven to increase physical literacy.

Delivered by: Athletics Manitoba
**Title: The Concussion Experience**  
Who: Coaches, Parents, Athletes, medical professionals  
Length: 90 min  
What is it: An informative session related to concussion management. Highlights include diagnosis and treatment in concussion management. Topics include, signs and symptoms of a concussion as well the management of an athlete with a concussion  
Delivered by: Sport Med Council

**Title: ReferEASE**  
Who: Beginner officials  
Length: 3 hours  
What is it: A program for beginner level officials on how to keep situations from escalating.  
Delivered by: Partner Funding Unit

**Title: Coaching with a Tablet**  
Who: Coaches, teachers  
Length: 2 hours  
What is it: Tablets now let you record an athlete performing a specific skill, break down that skill, and replay it for your athlete by the time they get out of the pool and walk towards you. Instructional videos, practice plans, concussions apps, all aid in ways using tablets can support coaches. Taking tablets into the field of play/practice is a great opportunity, but what can you really do with it and which app is the best to do it with (the free one or the $10.99 one)!?

**Title: Communication**  
Who: Coaches, Parents, Board Members  
Length: 2 hours  
What is it: Styles of communication and tips on how to communicate with different groups.  
Delivered by: Coaching Manitoba

**Title: Dartfish, Analyze This!**  
Who: Coaches, PE Teachers  
Length: 8 hours  
What is it: Basic Dartfish functions and how to film and edit your footage. Dartfish is a biomechanics software program  
Delivered by: Coaching Manitoba
Title: Dartfish Tagging
Who: Coaches
Length: 6 hours
What is it: Learn how to tag specific events from game footage for further review (ie: Serves, missed shots, goals, a player)
Delivered by: Coaching Manitoba & Canadian Sport Centre

Title: Dartfish Advanced
Who: Coaches
Length: 4 3 hour sessions
What is it: Training on more advanced aspects of Dartfish tools for coaches who are experienced Dartfish users.
Delivered by: Coaching Manitoba

Title: Age Appropriate Training 1: Dynamic Warm Up, Core, Agility, Injury Prevention L2T & T2T
Who: Coaches
Length: 2 hours
What is it: Training for coaches on how to do age appropriate dynamic warm-ups, core training and agility
Delivered by: Coaching Manitoba

Title: Age Appropriate Training 2: Games with a Purpose
Who: Coaches, Early Childcare Educators, After School Programs, Parents
Length: 2 hours
What is it: Games to teach 6 Physical Literacy skills (Balance, Running, Jumping, Throwing, Catching, Striking)
Delivered by: Coaching MB - DVD session

Title: Age Appropriate Training 3: Speed, Strength and Testing L2T & T2T
Who: Coaches
Length: 2 hours
What is it: Training for coaches on how to do age appropriate strength and speed training as well as test for improvements.
The DVD focuses on the Learn to Train and Train to Train stages of athletes in Canada’s Long Term Athlete Development module.
Delivered by: Coaching Manitoba

Title: Age Appropriate Training 4: More than Just Games:
Who: early childcare educators, early years teachers, parents, coaches, recreation programmers
Length: 60 - 90 min
What is it: A DVD resource of games in a variety of venues (indoor, outdoor, on ice, in water) as well as with implements (racquets) from a variety of sports. The games are ones that they use to help athletes acquire key physical literacy skills in their sport.
Title: Games Resources
Who: early childcare educators, early years teachers, parents, coaches, recreation programmers
Length: 60 - 90 min
What is it: A session showcasing quality youth activities that help youth acquire physical literacy skills through fun games.
Participants will be given copies of the resources to keep.

Title: Taking It
Who: Coaches, Athletes, Parents, Health Professionals
Length: 60 - 90 min
What is it: Informed decision making on substance use
Delivered by: Sport Med

Title: Sport injury & Prevention
Who: Coaches, Trainers, PE Teachers
Length: 2 hours
What is it: A look at the most common sport injuries and what to do if they occur and what you can do to prevent them.
Delivered by: Sport Med

Injury Prevention and Management (3hrs)
The Athletic First Aider Program is for individuals who are actively involved in sport, fitness, health, or recreational activities. Those who participate are concerned with maximizing the welfare (and hence performance) of athletes through high quality care.

This course will introduce participants to a variety of injuries commonly associated with sports. It offers a great way for coaches to understand the basics of injuries and be well equipped to help an athlete at the time of injury. Topics will include techniques to help prevent injuries (warm-up, cool down, proper equipment), injury classification (sprain, strain, contusion), as well as the immediate care of injuries.

Rehabilitation and Return to Play (3hrs)
This course will help coaches understand the process of injury rehabilitation and how they can help their athlete return to play in a safe manner. Topics covered will include basic rehab principles, safe return to play as well as how to keep them from becoming reinjured. Basic practical techniques will be explored here which will demonstrate how coaches can alter a practice to include an returning athlete.
Susan Lamboo, Coaching Manager
Phone: (204) 925-5669
Susan.lamboo@coachingmanitoba.ca

Sheldon Reynolds, Coach Education Coordinator
Phone: (204) 925-5913
sheldon.reynolds@sportmanitoba.ca

Kylo Harris, Community Development Manager
Phone: (204) 470-7448
kylo.harris@sportmanitoba.ca

Gena Cook, Coaching Administrator /Resource Centre
Phone: (204) 925-5692
gen.cook@sportmanitoba.ca

Visit our website at www.coachingmanitoba.ca