

CHANGE YOUR GAME: BECOME A TRAINED COACH

National Coaching Certification Program (NCCP) Ultimate Coaching Workshops

COMMUNITY COACH

Community Initiation Training

Ideal if you are coaching athletes from:

- Elementary & Middle School Programs
- High School-aged & Intro Non-Competitive Programs
- Introductory adult recreational league teams

LTAD Stages: FUNdamentals & Learn To Play
Participants must be 16 yrs old min., 1 day training

What you'll learn?

- Your role as a community coach in Ultimate
- Knowing about the participants you are coaching
- Identifying ethical issues in community Ultimate
- Practice Planning and Ultimate Safety
- Basic throws and catches of Ultimate
- Communicating and interacting with participants
- Planning to lead an activity

COMPETITION COACH

Competition Introduction Training

Ideal if you are coaching athletes from:

- High School & Junior Competitive Programs
- Development Adult Teams

LTAD Stages: Train To Play & Train To Compete
Participants must be 16 yrs old min., 2 day training

What you'll learn?

- What a Competition Coach should know (Rules, SOTG)
- Defining Learning & Understanding Learning Styles
- Key factors in assessing the effectiveness of coaches
- Components of effective learning using Ultimate skills
- Different approaches to teaching skills
- Running an Ultimate specific drill and planning a new activity

Long Term Athlete Development (LTAD) Ultimate Stages



Trainings in Creation

COMPETITION – DEVELOPMENT

LTAD Stages: Train To Compete & Learn To Win
Pre-Requisite: CompetitionIntroduction,
18 yrs old min.

COMPETITION – HIGH PERFORMANCE

LTAD Stage: Train To Win
Pre-Requisite: CompetitionDevelopment,
18 yrs old min.

<https://canadianultimate.com/>

