COACHING PATHWAY

Community Initiation

- **Coaches**
  This in-class and on-court workshop will prepare you to teach basic racquetball techniques to athletes age six and over, using pre-designed practice plans that you will learn to modify based on skill level
- **Athletes**
  This workshop is for coaches working with novice racquetball players typically at the Fundamental or Active for Life stage of LTAD
- **Competition**
  League Play

Competition-Introduction

- **Coaches**
  Coaches will learn how to detect, correct, and improve the racquetball skills and strategies, and will also learn how to plan their own practice and make ethical decisions
- **Athletes**
  This workshop is for coaches working with athletes who are starting to compete in tournaments and provincial championships. Athletes are typically at the Learn to Train and Train to Train levels of LTAD
- **Competition**
  Tournaments and Provincial Championships

Competition-Development

- **Coaches**
  During the workshop, coaches will focus on advanced planning sessions such as yearly plans to help athletes peak at the right time, and training camp plans. Coaches will also learn advanced error detection and correction
- **Athletes**
  This workshop is intended for coaches working with athletes who are competing at National Championships in the Open category and are at the Train to Compete stage of LTAD.
- **Competition**
  National Championships

Advanced Coaching Diploma

- **Coaches**
  Coaches holding an NCCP Advanced Coaching Diploma (ACD) are recognized as among the most qualified coaches and leaders. This unique, multi-sport program is essential for coaches who seek the next step in their coaching careers
- **Athletes**
  Designed for coaches of Canadian athletes competing at national, and international levels.
- **Competition**
  International

In-Training

Trained

Certified

Maintained

Programme national de **certification des entraîneurs**

National **Coaching Certification** Program