

LEARN TO TRAIN: NCCP Instruction Beginner

Ages 9-12

Coach Pathway Overview



About This Pathway

The Learn to Train pathway is designed for coaches working with athletes in the 9-12 age range. This stage represents the optimal time to develop most of the fundamental basketball skills. The pathway focuses on teaching coaches how to design a strong foundation, moving traditional skill-based training to a games-based framework. It balances technical progression with a coaching philosophy that emphasizes developing the whole person through play and fun.

Workshop Topics

- Long-Term Development
- Teaching Skills
- Variations of Drills
- Logistics & Safety
- Practice Planning Logistics
- Writing Your Next Two Practices
- Modified Games

Learning Outcomes

Upon completion, coaches will be able to:

- Explain the importance of logistics in the development of a practice plan
- Establish an appropriate structure for a practice plan
- Identify appropriate activities for each part of the practice
- Use the concepts of loading, de-loading, and technical layers in practices
- Understand the basics of skill development

Key Content Highlights

- Technical progressions through constraints
- Feedback methods and giving appropriate and effective feedback to athletes
- Introducing skills, physical literacy, and play-based activities

Learn to Train Pathway Requirements			
To become Trained , complete the following:		To become Certified , complete the following:	
Coaching Basketball 101 eLearning	1 hour	Portfolio Evaluation	
Learn to Train Workshop	13 hours	Practice Observation	
NCCP Make Ethical Decisions eLearning	1.5 hours		
NCCP Emergency Action Plan eLearning	15 minutes		

About The NCCP

Canada Basketball's NCCP coach education pathway is based on the Long-Term Development Model. It is evidence-based and designed to provide coaches with the tools they will need to coach athletes at each stage of development.

The coaching pathways allow you to start your coaching education at the level in which you currently coach. You may start your training at any stage to ensure you are learning in the context in which you are coaching.

Register for this workshop and others at gameplanbasketball.ca

Canada Basketball NCCP Coaching Pathways				
FUNDamentals	Learn to Train	Train to Train	Train to Compete	Learn to Win
Ages 6-9	Ages 9-12	Ages 12-15	Ages 15-18	Ages 18+