

TRAIN TO COMPETE: NCCP Competition Development

Ages 15-18

Coach Pathway Overview



About This Pathway

The Train to Compete pathway is Canada Basketball's NCCP Competition Development context. It is tailored specifically for coaches working with athletes in the later stages of club or high school competition as they prepare for post-secondary opportunities. This pathway covers macro-program management, advanced technical execution, and comprehensive planning through three unique basketball-specific workshops, aligned with Canada Basketball.

Workshop Topics

- **Teaching Basketball Skills** - biomechanics, phases of teaching skills, and training transitions
- **Strategies and Tactics** - integrating tactical concepts, penetration principles, special situations, zone systems, and FIBA rules
- **Planning Module** - managing high-performance program logistics, scouting infrastructure, staff management, and training methods

Learning Outcomes

Upon completion, coaches will be able to:

- Apply advanced biomechanics
- Design high-performance practice cycles
- Create advanced basketball strategies
- Construct periodized season plans
- Execute scouting plans and tactical adjustments
- Incorporate holistic performance conditioning for athletes

Key Content Highlights

- Individualized Performance Plans (IPPs) through technical/tactical, as well as the physical, mental, and social/emotional pillars of the game
- Tactical loading and special situations
- Macro load monitoring and training-to-competition ratios

Train to Compete Pathway Requirements					
To become Trained , complete the following:				To become Certified , complete the following:	
Teaching Basketball Skills Workshop	15 hours	NCCP Managing Conflict	6 hours	Portfolio Evaluation	
Strategies & Tactics Workshop	15 hours	NCCP Coaching & Leading Effectively	8 hours	Practice Observation	
Planning Workshop	12 hours	NCCP Developing Athletic Abilities	8 hours	Game Observation	
NCCP Make Ethical Decisions eLearning	1.5 hours	NCCP Prevention & Recovery	8 hours		
NCCP Leading Drug-Free Sport eLearning	1 hour	NCCP Psychology of Performance	8 hours		

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+

