

TRAIN TO TRAIN: NCCP Competition Introduction

Ages 12-15

Coach Pathway Overview



About This Pathway

The Train to Train pathway is designed for coaches working with athletes in the 12-15 age range, a critical phase in the Long-Term Basketball Development model. Moving away from traditional, highly prescriptive training, this blended delivery model bridges foundational self-directed learning with practical application to shift coaches from basic drills to a coach who can intentionally design training environments for their athletes at a critical period in their development.

Workshop Topics

- Knowing Your Athletes
- Season Planning
- Practice Planning
- Game Planning
- Performance Safety
- Style of Play
- Activity Design
- Implementation and Intervention
- Reflection

Learning Outcomes

Upon completion, coaches will be able to:

- Identify and refine their North Star (values & philosophy)
- Develop metacognition (reflection on your thinking)
- Intentionally design practices and activities with what you do and why you do it
- Create performance safe learning environments
- Plan strong season, practice, and game plans

Key Content Highlights

- Using constraints in designing practice activities
- The biopsychosocial model and coaching the entire athlete
- Using the Explore, Nudge, Adapt framework to support athlete development

Train to Train Pathway Requirements

To become Trained , complete the following:				To become Certified , complete the following:	
Coaching Basketball 101 eLearning	1 hour	Train to Train Workshop	9 hours	Portfolio Evaluation	
Offensive Style of Play eLearning	1 hour	NCCP Make Ethical Decisions eLearning	1.5 hours	Practice Observation	
Defensive Style of Play eLearning	1 hour	NCCP Emergency Action Plan eLearning	15 minutes		
Introduction to Mental Performance in Basketball	1 hour				

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+