

# NCCP Overview

# NCCP Coaching Competencies



NCCP training focuses on developing five core competencies in every coach. These competencies help coaches become more effective and drive more meaningful impact on their participants' experience.

NCCP Coaching Competency	Practical Examples
<b>Problem-solving</b>	<ul style="list-style-type: none"><li>• Finding a solution to a complex situation</li><li>• Developing an initial practice plan and progressively modify it</li><li>• Rank participant training priorities</li></ul>
<b>Valuing</b>	<ul style="list-style-type: none"><li>• Appreciate the hierarchy of values in a moral dilemma</li><li>• Respect other coaches, participants, officials, and others involved in sport</li><li>• Ensure that the role of competitions is consistent with long-term participant development</li></ul>
<b>Critical Thinking</b>	<ul style="list-style-type: none"><li>• Evaluate options for decision or action</li><li>• Compare current knowledge, skills and attitudes, and reflect on coaching practices</li></ul>
<b>Leading</b>	<ul style="list-style-type: none"><li>• Make decisions that influence others</li><li>• Develop a rationale for challenging the status quo</li><li>• Formulate and share a vision for a program</li></ul>
<b>Interacting</b>	<ul style="list-style-type: none"><li>• Exchange ideas and interact with other coaches</li><li>• Work with participants to design activities</li><li>• Communicate effectively with participants, parents, and other stakeholders</li></ul>



# NCCCP Coaching Outcomes

NCCCP training develops in coaches key outcomes that help them guide their participants through the many challenges and opportunities of the sport experience. These outcomes also form the basis of their evaluations by NCCP Coach Evaluators as they progress through their coaching pathways. The training and evaluation of outcomes is adapted to each coaching context to reflect the specific challenges and opportunities of working with participants in the designated context. The outcomes are:

1. **Make Ethical Decisions**
2. **Analyze Performance**
3. **Provide Support to Athletes in Training**
4. Design a Sport Program
5. **Plan a Practice**
6. Manage a Sport Program
7. Support the Competitive Experience

*Outcomes highlighted in **red** are trained and evaluated in all contexts.*

# EC NCCP Contexts



The NCCP is comprised of coach contexts. Each context provides a rewarding sport experience for coach and participant(s) alike by ensuring the ideal alignment of each other's skills, motivations, and objectives.

## What kind of coach do you want to be?

I want to work with...	NCCP Context	Teaching students in:		Certifications Available
		LTED Stage(s)	EC Programs	
Children, youth or adults who are being introduced to equestrian activity for the first time and are developing foundational skills to participate in equestrian activity.	Instructor	<ul style="list-style-type: none"> <li>FUNdamentals</li> <li>Learn to Train</li> <li>Active for life</li> </ul>	<ul style="list-style-type: none"> <li><b>Rookie Riders</b></li> <li><b>Learn to Ride, English</b> Levels 1-4</li> <li><b>Learn to Ride, Western</b> Levels 1 &amp; 2</li> <li><b>Learn to Drive</b></li> </ul>	<ul style="list-style-type: none"> <li>English – Flat</li> <li>English with Jump</li> <li>Western</li> <li>Driving</li> <li>Saddleseat</li> </ul>
Children, youth or adults who are developing and refining their equestrian skills; participants may be starting to compete or are lifelong participants.	Competition Coach	<ul style="list-style-type: none"> <li>Learn to Train</li> <li>Train to Train</li> <li>Active for Life</li> <li>Competitive for Life</li> </ul>	<ul style="list-style-type: none"> <li><b>Rookie Riders</b></li> <li><b>Learn to Ride, English</b> Level 1-8</li> <li><b>Learn to Ride, Western</b> All levels</li> <li><b>EC Bronze Competition</b></li> </ul>	<ul style="list-style-type: none"> <li>English</li> <li>English with Jump</li> <li>Western</li> </ul>

# EC NCCP Certification Opportunities



## What kind of coach do you want to be?

I want to work with...	NCCP Context	Teaching students in:		Certifications Available
		LTED Stage(s)	EC Programs	
Youth and adults who are developing yearly training programs with an aim of refining their foundational equestrian skills and developing discipline-specific skills. Students/athletes are regularly participating in competition and/or have specific skill development objectives.	Competition Coach – Specialist (Advanced)*	<ul style="list-style-type: none"> <li>Learn to Train</li> <li>Train to Train</li> <li>Learn to Compete</li> <li>Competitive for Life</li> </ul>	<ul style="list-style-type: none"> <li>Learn to Ride, English Levels 9 &amp; 10</li> <li>EC Bronze, Silver &amp; Gold Competitions</li> </ul>	<ul style="list-style-type: none"> <li>Dressage</li> <li>Eventing</li> <li>Jumping</li> <li>Reining</li> <li>Speed Events</li> </ul>
Youth and adults who are pursuing equestrian competition year-round with a focus on developing competitive skills and achieving results at designated competitions.	Competition Development (High Performance 1)	<ul style="list-style-type: none"> <li>Train to Train</li> <li>Learn/Train to Compete</li> <li>Competitive for Life</li> </ul>	<ul style="list-style-type: none"> <li>EC Gold &amp; Platinum Competitions</li> <li>North American Youth Championships</li> </ul>	<ul style="list-style-type: none"> <li>Dressage</li> <li>Eventing</li> <li>Jumping</li> <li>Reining</li> </ul>
Current and aspiring professional athletes who are competing for a living and represent Canada at major games and international events.	High Performance**	<ul style="list-style-type: none"> <li>Train to Compete</li> <li>Learn/Train to Win</li> </ul>	<ul style="list-style-type: none"> <li>EC Gold &amp; Platinum Competition</li> <li>Canadian Equestrian Team</li> </ul>	<ul style="list-style-type: none"> <li>Not yet developed/available</li> </ul>