



NCCP Competition Development



The Development (Comp-Dev) context focuses on participants who are competing in highly competitive levels of rugby. Players are refining basic rugby skills, developing more advanced skills and tactics and are generally preparing for performance at provincial and national level competitions.

The course is focused on High Performance through a number of multi-sport modules as well as technical and tactical rugby specific components.

Comp - Dev targets [Train to Compete](#) / [Train to Win](#) stages of the LTRD.

The Multi-Sport modules are broken down into six workshops on the following topics run by your local sport's governing body

Prevention and Recovery of Injury

After finishing this module, coaches will be able to design a personalized Prevention Action Plan that will enhance their athletes' performance and assist in the prevention of injuries. In particular, they will be able to Identify injuries common in sport and methods of preventing them.

Managing Conflict

Although conflict is normal, it is not always necessary. This session will teach coaches how to identify where conflict is likely to occur and how to manage the situation. Coaches will learn about the five approaches to managing conflict and when it is appropriate to use each of them.

Leading Dope Free Sport

The world of sport is full of surprises. Know the rules and how they apply to your athletes at any given time. One of your responsibilities as a Coach is to know and comply with all applicable anti-doping policies and rules. This session will give Coaches the tools and resources needed to create a doping-free sport environment.

Psychology of Performance

After finishing this module, coaches will be able to guide their athletes in the development of the psychological skills they need to maximize their performance. In particular, Coaches will be able to: develop individualized competition focus plans for their athletes or teams, develop the ability to critically reflect on psychological skills, and decide which are most relevant for their athletes or teams.

Coaching and Leading Effectively

After finishing this module, coaches will be able take leadership action that improves the conditions that support athlete performance. In particular, Coaches will be able to: make interventions that enhance learning and build and reinforce group and team

cohesion and commitment, develop expectations about the behaviour and commitment needed to achieve individual and team goals, communicate effectively and respectfully with both athletes and those supporting their performance.

Developing Athletic Abilities

After finishing this module, coaches will be able to: implement general and sport-specific training protocols and methods to appropriately develop or maintain sport-specific athletic abilities, adapt selected training protocols and methods to athletes' stage of development and training experience, adapt selected training protocols and methods to the phase in the yearly program, use the results obtained by evaluating an athlete's performance to develop training protocols and methods for the athlete's gender and stage of development.

Note: The rugby specific content to the Competition Development Program is under construction and will be available in the spring of 2011.

All coaches must complete all of the NCCP Competition Development modules prior to applying for a position on an NCCP Comp Dev rugby specific course.