

NCCP Community Coaching (CC) Workshop

Links to manuals and resources

Resource Materials

- CC Workshop Reference Material
 - [Introduction](#)
 - [Section 2 - Children and Their Sport Needs](#)
 - [Section 4 – Teaching Classic Technique](#)
 - **[Section 5 – Designing a Seasonal Plan](#)**
 - [Section 6 - Preparing for your Practice](#)
 - [Section 7 - Equipment Selection & Ski Preparation:](#)
 - [Section 8 - Introducing Competition to Children](#)
 - [Section 9 – Teaching Skating Technique](#)
 - [Section 10 – Practice Coaching Session](#)
 - [Section 11 – Evaluation](#)
- LTAD Guide – http://www.crosscountrybc.ca/sites/default/files/documents/CCC_ENG_Final.pdf
- LTAD Poster – <http://crosscountrybc.ca/sites/default/files/documents/LTAD-brochure.pdf>
- SKIFUN video – <https://www.dropbox.com/s/a9zpaee8hwzhdk1/Ski%20Fun%20-%20Playground%20video.VOB?dl=0>
- How to Build a Ski Playground video – https://www.youtube.com/watch?v=0EDew_65Lgw
- Athlete Development Matrix Resources - <https://nordiqcanada.ca/coaches-and-wax-techs/coaches/coaching-resources-for-athlete-development/athlete-development-matrix-resources/>
- AD Matrix technique videos – <https://nordiqcanada.ca/coaches-and-wax-techs/coaches/coaching-resources-for-athlete-development/athlete-development-matrix-technique-videos/>
- Ski preparation video – <https://www.coachseye.com/t/BdBi>

Section 5 – Designing a Seasonal Plan – this section of this reference material is your friend! You will find a series of sequential practice plans for the various Jack Rabbit levels, with games to support the skill development.

Level 1 – see pgs. 21-53

Level 2 – see pgs. 56-100

Level 3 – see pgs. 105-177

Level 4 – see pgs. 181-255