



Designing Your Seasonal Coaching Plan

Every coach knows the importance of arriving at practice with a plan for the training objectives that day. In the NCCP Athletics Sport Coach course (*formerly Level 1*), you learned how to plan a practice for a variety of event areas, factoring in participant age, skill level, training facilities and safety concerns. The next step is being able to string these practices together to create an optimal training plan for the season.



In this 2-part webinar, we will walk through the steps needed to prepare a seasonal training program for Junior Development athletes. Coaches will come away with an understanding of the phases of a training plan, the requirements for specificity and recovery, and how this varies by an athlete's age, experience, and competition goals.

April 7 (Part 1): We will focus on learning how to prepare a seasonal program. Coaches will then have a week to take what they have learned and create a seasonal outline for their own training group.

April 14 (Part 2): We will review some of these plans together, share ideas, concerns, and logistics around putting these plans into action for the upcoming 2021 outdoor track and field season.

About the Presenter:

This session will be delivered by Amber Gilbert, a BC Athletics Master Coach Developer. Amber has over 20 years of experience working in the sport and recreation field, primarily with children. Amber brings both academic knowledge and practical experience to her sessions, having taught NCCP Athletics courses throughout this period as well as having been the Okanagan Athletics Clubs Junior Development Program Coordinator, leading both track & field and cross country programs.