

CCI Practice Plan

2019



CCI-L2T Outcome: Designing a practice plan for L2T athletes		
Criterion: Identify appropriate logistics for a practice		
Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> ❑ Do not identify practice plan goals ❑ Identify vague practice plan goals ❑ Do not clearly identify main segments or timeline of practice ❑ Do not include athlete information ❑ Do not identify required facilities and equipment ❑ Do not identify potential risk factors 	<ul style="list-style-type: none"> ❑ Identify athletes' ages, abilities, and performance levels ❑ Clearly identify a practice goal that is consistent with the sport's long-term athlete development / Canadian Sport for Life principles and the level of the athletes ❑ Identify main segments of the practice: intro, warm-up, main part, cool-down, and conclusion or reflection ❑ Outline facilities and equipment required to achieve practice goal ❑ Provide a timeline for the activities 	<p>Meet "Standard for Core Certification" and:</p> <ul style="list-style-type: none"> ❑ Identify potential risk factors (environmental, mechanical) ❑ Identify the location of practice in the seasonal plan ❑ Provide an appropriate rationale for chosen practice goals ❑ Include detailed logistical evidence that would allow an assistant or other coach to implement the practice and achieve the desired learning or training effect ❑ Provide a clear rationale for each goal and objective, based on objectively identified athletes' needs ❑ Provide evidence of optimal use of the available time and equipment to promote a high degree of active engagement time, learning, and training on the part of athletes

CCI-L2T Outcome: Designing a practice plan for L2T athletes		
Criterion: Identify appropriate activities in each part of the practice		
Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> ❑ Do not link activities to overall purpose of practice. ❑ Do not reflect awareness of safety concerns in plan ❑ Do not ensure activities are consistent with NCCP growth and development principles 	<ul style="list-style-type: none"> ❑ Describe planned activities through illustration, diagram, and explanation ❑ Indicate key factors (coaching points) that will be identified in the practice activities ❑ Identify duration of overall practice and each practice segment and ensure consistency with Nordiq Canada’s long-term athlete development / Canadian Sport for Life principles ❑ Ensure activities are purposeful and linked to overall practice goal (purposeful means that the activities match Nordiq Canada’s long-term athlete development / Canadian Sport for Life principles) 	<p>Meet “Standard for Core Certification” and:</p> <ul style="list-style-type: none"> ❑ Include variations of activities or practice conditions that can be used to create specific challenges to elicit a particular training effect ❑ Include activities that promote basic concepts of decision training ❑ Identify appropriate work–rest ratios, target training loads, or target intensities for activities ❑ Select activities that are appropriate to the time and location in seasonal plan ❑ Sequence activities appropriately in the main part to promote learning, skill development, and to induce desired training effects <ul style="list-style-type: none"> ○ Adequate sequencing refers to the timing of practice activities within the practice. For example, the sequence of the activities provides a progression that builds towards execution under realistic competitive situations ❑ Select activities that address the specific needs of the athlete or team based on analysis of performance during competition

	<ul style="list-style-type: none"> ❑ Ensure activities reflect awareness and control for potential risk factors ❑ Ensure activities contribute to the development of skill(s) and are appropriate to the stage of skill development (Acquisition, Consolidation, Refinement) ❑ Ensure activities contribute to the development of athletic abilities (as outlined in Nordiq Canada’s long-term athlete development / Canadian Sport for Life principles) 	<ul style="list-style-type: none"> ❑ Include activities that integrate mental skill development (goal setting, visualization, arousal control, focus) ❑ Adapt activities to assist an athlete returning from injury (physical, mental, and emotional considerations) ❑ Ensure optimal types of practice are purposely selected to promote skill development and are consistent with Nordiq Canada skill development guidelines <ul style="list-style-type: none"> ○ Optimal types of practice could relate to relevant “decision training tools” (e.g., random practice, variable practice, modelling)
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CCI-L2T Outcome: Designing a practice plan for L2T athletes		
Criterion: Design an emergency action plan		
Does not yet meet expectations	Meets expectations	Exceeds expectations
<ul style="list-style-type: none"> <input type="checkbox"/> Do not present an emergency action plan in writing, <input type="checkbox"/> Include less than six critical elements outlined in the NCCP Standard for Core Certification 	<ul style="list-style-type: none"> <input type="checkbox"/> Present a complete emergency action plan (EAP) with six of the six following critical elements. <ul style="list-style-type: none"> ○ Locations of telephones (cell and land lines) ○ Emergency telephone numbers ○ Location of medical profile for each athlete under the coach’s care ○ Location of fully-stocked first-aid kit ○ Advance “call person” and “charge person” ○ Directions or map to reach the activity site 	<p>Meet “Standard for Core Certification” and:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Maintain well organized participant profiles in a secure location to protect privacy <input type="checkbox"/> Present a checklist of necessary equipment found in a first aid kit, which has been checked/updated on a regular basis <input type="checkbox"/> Identify specific steps or procedures in the plan if an injury occurs <input type="checkbox"/> Identify a process for updating and maintaining medical profiles <input type="checkbox"/> Design an EAP that reflects learning from past experiences, including previous implementation <input type="checkbox"/> Identify aspects that can contribute to enhancing

		<p>established practices for the design of an EAP</p> <ul style="list-style-type: none"><input type="checkbox"/> Sport uses EAP as a model of best practice
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