

# Competition Development Coach Training

## Tentative Schedule

### **Day 1 Thursday October 8, 2021 7:00 – 10pm EST (5-8 Alberta)**

- 7:00 Introduction
    - Coach Pathways
    - What is ATTP?
  - 7:20 Intention – Step 1
    - Skill Analysis
  - 9:00 Detection – Step 2
    - Detecting the key elements of the discipline
- Debrief and end for the day

### **Day 2, Tuesday Oct 12 2021 7:00 – 10pm EST (5-8 Alberta)**

- 7:00 Exploring the Basics of Motion
    - Planes of Motion
  - 7:30 Biomechanics Principles
    - Observing Performance
    - Detecting Gaps
    - Identifying reasons for Gaps
  - 9:15 Competition Development Coach Department
- Debrief and end for the day

### **Day 3 Wed Oct 13 2021 7:00 – 10pm EST (5-8 Alberta)**

- 7:00 `Correction – Step 3
    - Implementing Correction into Practice
  - 8:00 Assessing Athletes' Progress
  - 8:30 Practical Session
- Debrief and end for the day

### **Day 4 Tuesday Oct 19 2021 7:00 – 10pm EST (5-8 Alberta)**

- 7:00 Psychology and the Competition Development Shooter Part 1
    - Relaxation
    - Visualization
  - 9:00 Psychology and the Competition Development Shooter Part 2
    - Stress and Concentration Techniques
    - Breathing
    - Self-Talk
    - Goal-setting Plan
    - Implementation of Psychological tools during taper for a competitive multi-day event
- Debrief and end for the day

### **Day 5 Thursday Oct 21 2021 7:00 – 10pm EST (5-8 Alberta)**

- Continuation of Psychology and CD shooter part 2
- 7:00 Goal-setting Plan
    - Implementation of Psychological tools during taper for a competitive multi-day event
  - 8:00 Nutrition for Competition Development Athletes
  - 8:45 Practical Session
- Debrief and end for the day

**Day 6 Tuesday Oct 26 2021 7:00 – 10pm EST (5-8 Alberta)**

- 7:00 Introduction to Analyze Performance  
Certification pathway, Portfolios, Evaluations and Overview of MSM course materials
- 8:45 Using technology to simulate skills  
Debrief and end for the day

**Day 7 Thursday Oct 28**

- 7:00 In-Practice – Getting ready for evaluation
- 8:15 In Competition – Getting ready for evaluation
- 8:45 Assignments, MSM Courses and tasks  
Applying for evaluation  
End of Course