Competition Development Coach Training

October 8-11, 2021 Tentative Schedule

Friday October 8, 2021 7:00 pm – 9:00 pm EST

7:00 Introduction

 Coach Pathways

 What is ATTP?

7:20 Intension – Step 1

Skill Analysis

9:00 Debrief and end for the day

Saturday October 9, 2021 10:00 am – 6:00 pm EST

10:00 Detection – Step 2

Detecting the key elements of the discipline

10:30 Exploring the Basics of Motion

 Planes of Motion

11:00 Biomechanics Principles

 Observing Performance

 Detecting Gaps

 Identifying reasons for Gaps

1:00 – 1:30 Lunch

1:30 Correction – Step 3

 Implementing Correction into Practice

2:30 Assessing Athletes’ Progress

3:00 Practical Session

4:00 Psychology and the Competition Development Shooter Part 1

 Relaxation

 Visualization

6:00 Debrief and end for the day

Sunday October 10, 2021 10:00 am – 6:00 pm EST

10:00 Introduction to Analyze Performance

 Certification pathway, Portfolios, Evaluations and Overview of MSM course materials

11:30 Competition Development Coach Deportment

1230 – 1:00 Lunch

1:00 Nutrition for Competition Development Athletes

1:45 Psychology and the Competition Development Shooter Part 2

 Stress and Concentration Techniques

 Breathing

 Self-Talk

 Goal-setting Plan

3:45 Implementation of Psychological tools during taper for a competitive multi-day event

5:00 Debrief and end for the day

Monday October 11, 2021 10:00 am – 6:00 pm EST

10:00 Using technology to simulate skills

10:15 In-Practice – Getting ready for evaluation

11:15 In Competition – Getting ready for evaluation

12:15 Assignments, MSM Courses and tasks

 Applying for evaluation

1:00 End of Course