

NOSC Program Initiatives: coaches, players & future coaches

NOSC will focus on the development of three (3) primary development programs that involve:
(1) COACHES, (2) PLAYERS and (3) FUTURE COACHES:

1. Coaches: Shoulder-To-Shoulder (STS) Coaches Training, Assessment and Evaluation

Designed For: Current competitive **coaches**, potential competitive coaches.

Purpose: (1) Work closely with current and potential coaches to help them gain better understanding of working with developing players. Arrangement is non-formal and collaborative, allowing coaches to share thoughts and compare successes and failures in order to gain insight into coaching techniques and methods.
(2) Used to assess and evaluate coaching candidates on level of expertise, knowledge and ability to train age-specific levels prior to, during and following season.

Insight: Too many coaching training sessions are “closed” and do not provide opportunity for developing coaches to ask questions and actively learn important coaching concepts. With multiple winter training sessions going on, we will provide opportunities to work closely with coaches to collaborate and provide valuable coaching insight as to development techniques while not actively engaged in a training session.

Procedure: All coaches of competitive teams would be given complete number of sessions, including age and ability levels. From the list, coaches would sign-up to take part in STS sessions. DOC would get training plans from coaches to be prepared to explain and discuss coaching techniques and methods.

Resources: Utilize current coaches to build, schedule and implement plan DOC will manage. Advanced coaches to lead sessions. Communications director to deliver messaging (pre and post), web site for information.

Budget considerations: Training time (hourly), added coaches time, and time for follow-up assessment by coaches to evaluate STS coaches ability to create training and development plan(s).

Timeline:

- November/December: Deliver survey over winter training to potential PTC contacts.
- January/February: Invite PTC candidates to winter training sessions, working alongside hired trainers. Set up classroom training sessions to work with coaches to learn key coaching elements by age groups.
- March/April: Assign PTC's to selected teams, assess through hired training staff as trainers circulate through age groups.

