



## The Ontario Lacrosse Coaching Certification Program (3M NCCP)(CBET)

The **3M NCCP** is a five-level coaching education program that is offered across Ontario, in both French and English, to candidates over the age of 16 years. After completing the **Introduction to Competition A** (Level 1 Theory), **Community Coach Development** (Technical 1) and Practical components coaches receive official recognition in the form of a passport which is updated with each subsequent course.

### The Theory Component (Introduction to Competition A and B)

Introduction to Competition A (Theory 1) helps coaches understand why athletes participate in sport and prepares them to teach skills and to design a safe, enjoyable and challenging practice. Introduction to Competition B (Theory 2) prepares coaches to train their athletes to compete through setting seasonal goals, physical training and analyzing and correcting skills. Level 3 completes the training required for coaches working with the developing athlete with emphasis on the physical and mental preparation over a 12-month period. Levels 4 and 5 relate to National and International sport.

**The lengths of the Theory courses are:**

**Level 1:** 13.5 hours

**Level 2:** 19 hours

**Level 3:** 28 hours

Other options available to coaches through the 3M NCCP include home study, distance learning and integrated programs.

### The Technical Component (Competitive Coach Introduction)

The Technical component consists of courses related to coaching Lacrosse. The courses present lacrosse-specific information on skills and drills, rules of play, equipment, training methods, and preparation for competition. To register for a Technical course, coaches should contact the Ontario Lacrosse or their Association they coach for.

**Length of the Lacrosse Technical courses:**

**Community Coach Development (Tech 1):** 10 to 12 hrs.

**Competitive Coach Introduction (Tech 2):** 12 to 14 hrs.

**Level 3:** Under revision

### The Practical Component

The Practical component of lacrosse is designed to provide coaches with feedback on their effectiveness when coaching. At Level 1, for example, factors evaluated include the organization of the practice session and the coach's ability to explain, demonstrate, and to provide feedback. When this is completed the organization would send in the coaches name and what team he coaches so the

**Important note: The courses listed above need to be completed prior to June 1st. All proof of certification must be in the hands of the Zone Registrar prior to the June 1st deadline or it will NOT be accepted.**