## **COACH DEVELOPMENT MODEL**



**LTAD** 

Active Start
Age: 3 – 5/6

Fundamental Age: 5/6 - 8/9 Learn to Train
Age: 8/9 –
12/13

**Train to Train**Age: 12/13 –
15/16

Train to Compete

Age: 15/16 –

18/19

Comp-Dev

Train to Win
Age: 18/19+

Living to Win
Age: 23+

Table Tennis
4 Life

NCCP

CDM

## **CSp-Init**

- To introduce the basics of Table Tennis to:
  - o Community centre leaders
  - o School P.E. instructors
  - Parents of players
  - Players who have a certain level of skills and are willing to coach
- Practical evaluation is not required

## Comp-Int

- To introduce coaches to advanced playing techniques and tactics
- To be certified, Multi-sport Part A is mandatory.
- To be certified, coaches must attend the course and successfully pass an on court evaluation.
- Coaches certified at this level can coach in school, community and private clubs.
- In some instances, one can attempt the evaluation without taking the course. Certification status can be maintained by reevaluation every 5 yeears or collect enough Professional Development points.

 Will provide coaches with skills analysis techniques, competition tactics, athlete development

models and cyclical training plans.

- To be certified, coaches must attend 9 multi-sport modules, a Table Tennis specific course, and successfully pass an in training evaluation, an in competition evaluation, and 3 online evaluations.
- Coaches certified at this level coach at High Performance Clubs, Provincial Centres of Excellence and possibly at Regional High Performance Centres.
- Although the course at this level and Comp-Int certification is recommended, it is possible to attempt the evaluations without the above mentioned training.

- **High Performance**
- Will provide coaches with the most advanced coaching theories and practices in all aspects of coaching and athlete development.
- Coaches certified at this level coach at a national and international level.
- At this level, the Comp-Dev certification is a prerequisite.

## **NOTES:**

- 1. LTAD: Long Term Athlete Development
- 2. NCCP: National Coaching Certification Program
- 3. CDM: Coach Development Model
- 4. ---- → : Comp-Dev coaches are encouraged to work with players at the Learn to Train stage.