



Coaching  
Association  
of Canada

# Community Sport

## Guiding Principles

The community coach is often a parent who has little background in the sport.

The community coach will usually only coach for a short time while her/his child is involved, and the actual time they coach at practices is about 1 hour, 1–2 times per week.

The community coach must leave the workshop with the tools to coach their first season.

## Workshop Overview

The following is a list of proposed topics and timelines that may be included in a National Sport Organization (NSO) Community Sport Workshop.

Introduction – 30 minutes

Step 1 Setting the Scene – 60 minutes

Step 2 Participants and their Sport Needs – 30 minutes

Step 3 Ethical Coaching – 90 minutes

Step 4 The Equipment and the Rules of SPORT – 45 minutes

Step 5 Practice Coaching Session #1 – 1 h 45 minutes

Step 6 Practice Planning and Sport Safety – 60 minutes

Step 7 Tasks of the Community Coach – 30 minutes

Step 8 Competition Organization – 30 minutes

Step 9 Practice Coaching Session #2 – 1 h 45 minutes

Workshop Wrap-Up and Evaluation – (variable)

The total workshop time is approximately 10 hours excluding breaks. Please check with your NSO for actual workshop content and length.

## Training and Certification

A coach is described as “In Training” when a coach has completed some of the required training for a context.

A coach is described as “Trained” when a coach has completed all required training for a context.

Note: Some NSOs may also offer coaches the option of becoming certified in the Community Sport stream.

A coach is described as “Certified” when a coach has completed all evaluation requirements for a context.

For more information go to [www.coach.ca](http://www.coach.ca).

### Description of Community Sport Contexts

	Initiation	Ongoing participation
Goals of Participation	Fun, Fitness, Fundamentals	Fun, Fitness, Fundamentals
Frequency of Participation	1–2 times per week	1–2 times per week
Level of Competition	Community	Community
Proficiency Level	Getting started in the sport, acquiring basic skills	Continued participation for fun, acquiring and consolidating basic skills
Age of Participants	Children and youth	Youth to adulthood
Stage in Athlete Development	FUNDamentals	FUNDamentals



National  
Coaching  
Certification  
Program