

Session descriptions

ANDREA NEIL- COACHING SESSION

Andrea Neil's coaching session will help coaches link the basic physical capacities (i.e., strength, speed, and direction of movement) of their football players with the sport-specific skills we strive to develop at every training session. How do those capacities contribute to common football skills and how can coaches strengthen those capacities to promote a higher quality of play in football players. Coaches will discuss efficiency in movements, the implications of those efficiencies as they effect performance, and our roles as coaches in measuring performance. All of this in an engaging environment that promotes co-operative learning and lots of discussion.

FEMALE INITIATED REFEREE STRATEGIES AND TECHNIQUES (F.I.R.S.T.) SESSION. - MATCH CONTROL

Learn practical skills for better game management. You will learn techniques for obtaining, maintaining and regaining match control. Every referee will experience confrontational situations in their role. This session will give you the tools you need to manage these situations effectively and will focus on: Game preparation, field locations, timing of the game, game-impacting events, game control, and an 8-step approach to player management

CAAWS LEADING WITH CONFIDENCE / WOMEN ON BOARDS

This workshop combines two of the Canadian Association of Women for the Advancement of Women in Sport and Physical Activity (CAAWS) sessions to help you build your leadership skills and offer insight about the benefits of becoming a board member and how to become and be successful in that role. During this interactive workshop, participants will explore the experiences of female leaders, reflect on the value of sport and physical activity in their leadership journey, and consider how they can further develop their skills to be strong leaders now and in the future.

NCCP MENTORSHIP MODULE

The NCCP Mentorship module is designed to prepare individuals to step into their role as a mentor with clarity of purpose, and confidence in their actions. The training reaffirms and strengthens their abilities and skills as a mentor, while expanding upon the mentor's knowledge of the mentoring process. Completing the training will provide the mentor with standards and protocols for the implementation of mentoring within their coaching community. By the end of the training, the mentor will: understand the concept of mentoring, understand the process of cognitive coaching, acquire and perform the communication skills required to be an effective mentor, and utilize the 3 steps of the mentoring process.

INTERCULTURAL COMMUNICATION WORKSHOP

Leaders and coaches build 'community' and effective teams by understanding and implementing strategies to maximize diverse perspectives, talents and experience. During this relevant, engaging workshop, you will be learning to:

- Build awareness through exploring your own cultural values and biases
 - Personal values and biases (Age, gender, ethnicity, sexual orientation, weight, etc.)
 - Evolving values of the world of sport
- Learn skills to build self and cultural awareness
 - D.I.E. Model (Describe, Interpret & Evaluate)
 - The role of the active bystander
 - Questions 101: Asking questions to get the results you want
- Practice skills in simulation activity
- Skill building strategies for integration into daily practice