

# Bringing LTAD to Life in Advanced Coaching Diploma

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# ACD is a...

**COACH** DRIVEN,  
*EXPERT* LED,  
**PEER ENRICHED,**  
**MENTOR**  
**SUPPORTED,**  
**STRUCTURED LEARNING**  
**COMMUNITY.**



# Delivery & Assessment

- In-person, synchronous & asynchronous delivery
- Expert facilitated content
- Multi-sport mentors
- Competency assessment of the coaches work (must be in their context)

# Our Learners

- Each Hub attracts coaches from across Canada
- Wide cross-section of sports
- All coaches are at least NCCP Comp Dev trained working in broad contexts (T2T to T2W)



# Where LTAD Fits in ACD

Leadership Theme  
Coaching Philosophy

Training & Competition  
Readiness  
Talent ID & Development

Coaching Effectiveness  
Motor Learning  
Principles

**Performance Planning**  
Sport Demands  
Athlete Profile  
Gap Analysis

# So Here's how it starts:



HIS IS US

# **Performance Planning: Start Here**

**Explore science**

**10 Key Factors  
of LTAD**



# **Daily Training Environment: What's Useful?**

**Applicable (to me)**

**Evidence based**

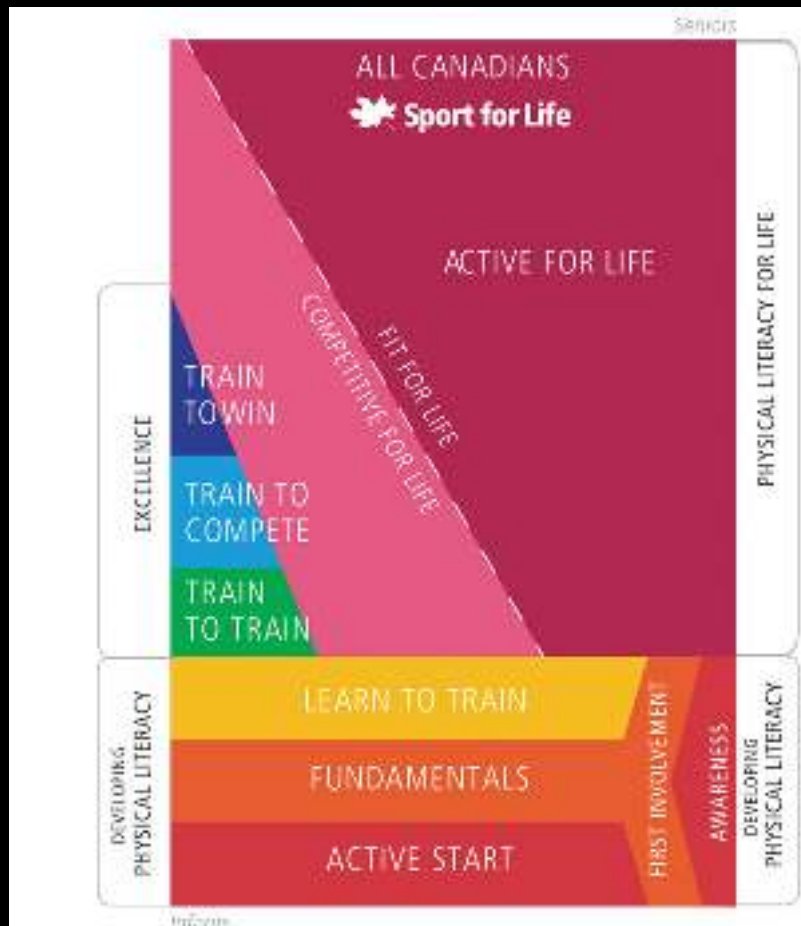
**Actionable**



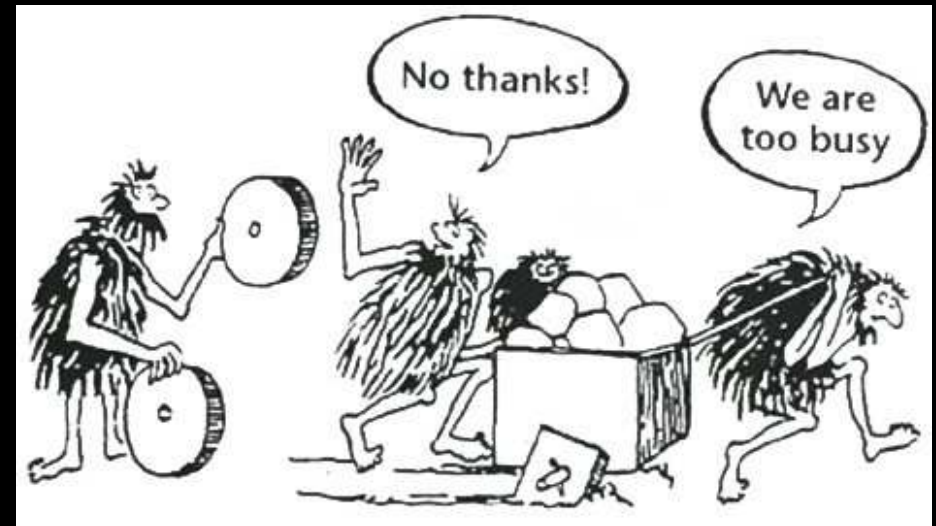


# Gap Analysis

## Theory



## Practice



**Sport Demands**      **Health Assessment**



**Athlete Profile**



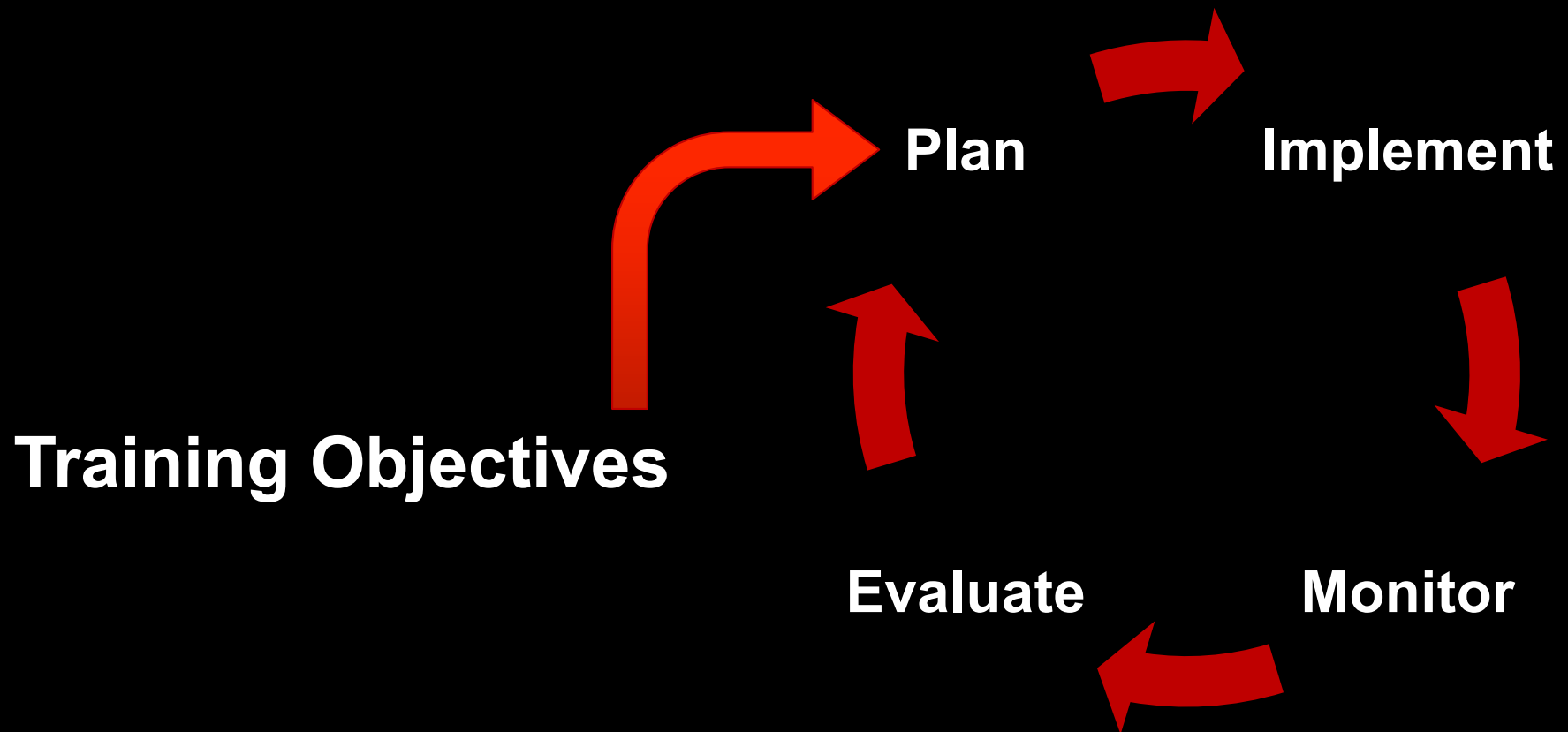
**Gap Analysis**



**Health & Performance Goals**

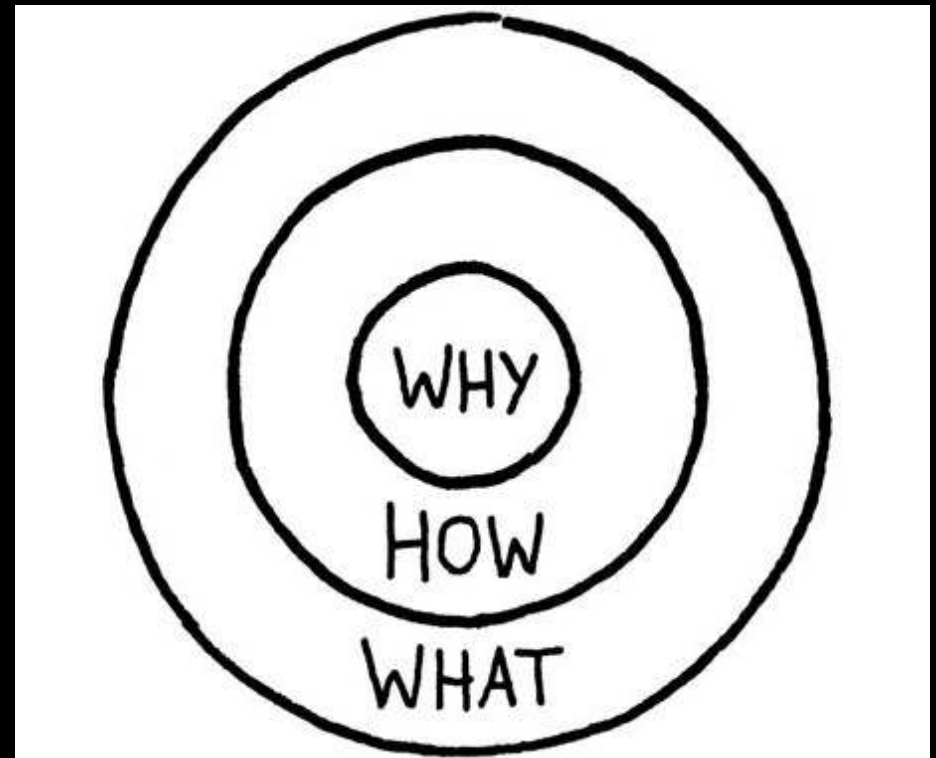
**Training Objectives**





# Demonstrate Competency

- Why am I doing this?
- How does it align with what I know?
- What can I do about it?



# Living LTAD

- Coaching Philosophy
- Values Based Decision Making
- Talent Development Policies
- Selection Criteria
- Training Objectives
- Monitoring
- Skill Acquisition

**DON'T  
JUST  
TALK  
ABOUT IT  
BE  
ABOUT IT**

Thank you

Canada 



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