

Biathlon Canada
NCCP - IC Dry Land Course Curriculum

Module	Title	Description of content	Duration (min)
1	Introductions	Introductions/icebreaker activity, course materials, review of coach training/certification pathway, goals and expectations.	30
2	Setting the scene	Coach evaluation process, history of sport of biathlon, Biathlon Canada programs, NCCP.	45
3a	Biathlon yearly program design	Demands of biathlon, LTADM, Training methodologies and Program Design	80
4	Creating the training environment	Planning a practice, elements of a workout, shooting development criteria and mental skills preparation. Group tasks on appropriate training activities and risks and benefits to training camps.	105
5a	Support the athlete in training	Discussion on recovery, health monitoring and team dynamics. Creation of action plan.	45
5b	Support the athlete in training – Shooting	Discussion on range support and shooting principles/positions (prone and standing), environmental factors and teaching shooting	215
	Conclusion	Outline their homework for the On-snow Workshop – Yearly Training Plan Presentations and Equipment Safety and Performance. Coaches fill out evaluation of LF.	30

Day 1-Camp Fortune Chalet des'Erables		Day 2 – Camp Fortune Range	
9:00-9:30	Module 1	9:00-10:00	Module 3a(Indoor)
9:30-10:15	Module 2	10:35-11:20	Module 5a(Indoor)
10:25-11:25	Module 4(start) Indoor	12:00-12:30	Lunch
11:25-12:00	Module 5b(start) Indoor	12:30-1:30	Module 5b(cont'd)
12:00-12:55	Networking Lunch	1:30-2:15	Conclusion
12:55-2:30	Module 5b(cont'd) Outdoor		
2:45-3:30	Module 4(cont'd) Indoor		