**Coach resources**

**General resources for all levels and coaches**

**Athlete development Matrix resources**: <https://nordiqcanada.ca/coaches-and-wax-techs/coaches/coaching-resources-for-athlete-development/athlete-development-matrix-resources/>

The Athlete Development Matrix provides guidance on how to build performance factors at every stage of development. It includes specific benchmarks and standards, as well as additional resources.

The Matrix also includes recommendations for additional factors affecting performance, such as the supporting role of parents, good coaching, balance with academics and/or part-time work, financial considerations, accessible training facilities and equipment.

**XC Ski Nation:** <https://xcskination.com/>

XC Ski Nation is your online nordic ski school. Mostly a members-only platform, XC Ski Nation partners with Nordiq Canada to offer videos, courses and drills to help you and your athletes ski faster. Sample topics include:

* Biomechanics for performance and injury prevention
* Expert demos of all techniques
* Roller skiing drills and advice
* On snow drills and lessons for skiers of all levels
* Member-only forum

**National Coaching Certification Program (NCCP):** <https://coach.ca/national-coaching-certification-program>

Make sure that you are up-to-date on your coaching certification by signing into and checking your Locker. There are always Multi-sport modules to complete.

**Sport Psychology for Coaches:** <https://sportpsychologyforcoaches.ca/>

This website is free to sign up for and coaches can access resources and tools to help build and support the mental skills of the athletes.

**Canada’s food guide:** <https://food-guide.canada.ca/en/>

As the athletes get older, it is so important to talk about nutrition and what they need to eat as athletes. Canada’s new food guide is a good place to start.

**Sport Nutrition: The Canadian centre of ethics in sport**: <https://cces.ca/sport-nutrition>

The CCES has put together a great list of well researched resources on sports nutrition for athletes.

**Jackrabbits**

**Low Organized Games – PhysEd Games:** <https://www.youtube.com/playlist?list=PLqApWQm0obyGlPg7q8VTFirtz1s5mUtgm>

This youtube channel brings together low organized games, many of which can be adapted to use with your Jackrabbit group on or off skis. Get them active and working on balance, agility and speed all while playing a game.

**Standard based games – The Physical Educator:** <https://thephysicaleducator.com/standards-based-pe-games/>

Another good resource for low-organized games to play with your group. On this page, I would recommend you start by looking at the *Chasing and Fleeing Games, Fundamental Movement Skills Games, Cooperation Games and Health and Fitness Games sections*.

**Introduction to community coaching manual:** <https://www.edmontonnordic.ca/coaching-resources/>

There is a wealth of lesson progressions, technique progressions and games in this manual. If for some reason, you have lost your copy, Edmonton Nordic has put it up on their website!