

MEP L4-5: Training Development Coach

Course Duration: 8 Days (Possibly split into two 4-day sessions)

Prerequisites: MEP L1-3 Certification and at least one full year of coaching experience.

Course Overview

This advanced course moves from fundamental teaching to strategic training development. Coaches will deepen their understanding of the MEP Educational Framework, learning how to design multi-day training blocks that foster long-term athletic development. The curriculum emphasizes problem-solving and adaptability, equipping coaches to work with older children (ages 10-14) who are beginning to specialize. Participants will learn to diagnose movement challenges, apply more complex coaching tools like interleaving and deliberate practice, and intentionally develop the psychological, social and intellectual skills that underpin the growth-mindset coaching approach which is a cornerstone of the MEP.

Core Competencies Developed

1. **Advanced Educational Model:** Mastery of the four pillars of learning and the strategic use of deliberate practice, improvisation, and spacing.
2. **Problem-Solving & Tactical Coaching:** Learning to introduce uncertainty and problem-solving methods to help athletes adapt to varied terrain and conditions.
3. **Athletic Development:** Understanding the specific physical, intellectual, and emotional needs of athletes aged 10-14, including the shift from sampling to specialization.
4. **Growth-Mindset Coaching (Advanced):** Systematic implementation of psychological, social, and intellectual factors (e.g., attention control, empathy, critical thinking) as core training goals.

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5. **Training Design:** Creating comprehensive practice plans that integrate technical, tactical, and psycho-social goals over a multi-day program.

6. **Advanced Feedback & Parent Communication:** Writing detailed, meaningful feedback that documents a child's growth journey and builds trust with families.

Target Audience

Experienced coaches working with youth programs, aspiring head coaches, and instructors looking to specialize in athlete development.

Key Learning Outcomes

1. Upon successful completion, coaches will be able to:
2. Design and implement a weekly training plan that integrates technical skills with growth-mindset development.
3. Use tactical variables and terrain to create problem-solving opportunities for athletes.
4. Coach athletes through the "Learning to Train" and "Training to Train" stages of development.
5. Apply advanced coaching tools like scaffolding, interleaving, and modeling to accelerate learning.
6. Critically evaluate an athlete's performance and provide targeted feedback to address specific gaps in skill or mindset.
7. Effectively manage and resolve conflict within a team setting.

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Schedule Overview

Day	Focus Area	Key Activities & Content
Day 1-2	The Developing Athlete	Deep dive into the Athletic Skills Model (ASM) and late specialization. Physical, cognitive, and emotional development in adolescents. On-snow: Coaching scenarios focused on the 10-14 year old age group. Participants will be required to prepare a developing athletic abilities for sport programme for an athlete in the development phase.
Day 3-4	Mastering the Tools	Advanced learning tools: Interleaving vs. Blocked practice, Deliberate Practice, and Scaffolding. On-snow: Coaches practice designing and leading drills that require athletes to adapt and problem-solve.
Day 5-6	Training Design & Integration	Building multi-day plans and effectively integrating psychological, social and intellectual factors into on-snow training. On-snow: Coaches deliver extended practice sessions, integrating technical, tactical, and psycho-social-intellectual goals.
Day 7-8	Analysis & Professional Practice	Advanced feedback and communication. Video analysis and feedback techniques. On-snow: Final teaching exam (complex lesson delivery). Course wrap-up and feedback. Participants are expected to deliver clear, concise and accurate analysis of on-snow performance.

Technical Skill Requirements for Certification:

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Coaches must achieve a mark of “Exceeded Expectations” on the technical skills of the MEP Level 7. Please see the MEP Teaching System and Assessment Rubric for details.

Additional Requirements for Certification

To be fully certified as an MEP L4-5 Coach, participants must complete the following additional courses within 18 months:

1. **English for Coaching II** (Online/On-snow)
2. **Application of the MEP Educational Framework** (Online Module)
3. **Athletic Development for Snow Sports** (Online Module)
4. **Managing Conflict** (Online)
5. **Mental Health and Sport** (Online)

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MEP L4-5: 培训发展教练

课程时长: 8 天（可能分为两个 4 天的课程）

先修条件: 获得 MEP L1-3 认证，并至少拥有一年的全职教练经验。

课程概述

本高级课程从基础教学转向战略性培训发展。教练将深化对 MEP 教育框架的理解，学习如何设计旨在促进长期运动员发展的多日训练模块。课程强调解决问题和适应能力，使教练能够指导开始进行专项化训练的年龄较大的儿童（10-14 岁）。参与者将学习诊断动作挑战，应用更复杂的教练工具，如交错练习和刻意练习，并有意识地培养支撑 MEP 基石——成长型思维 coaching 方法的心理、社会 and 智力技能。

培养的核心能力

1. **先进教育模型:** 精通学习的四大支柱，并战略性运用刻意练习、即兴发挥和间隔学习。
2. **解决问题与战术性 coaching:** 学习引入不确定性和问题解决方法，帮助运动员适应多变的地形和条件。
3. **运动员发展:** 理解 10-14 岁运动员在身体、智力和情感方面的特定需求，包括从多项尝试到专项化的转变。
4. **成长型思维 coaching（高级）:** 系统性地将心理、社会 and 智力因素（例如，注意力控制、同理心、批判性思维）作为核心训练目标进行实施。
5. **训练设计:** 创建全面的训练计划，在多日课程中整合技术、战术和社会心理目标。
6. **高级反馈与家长沟通:** 撰写详细、有意义的反馈，记录孩子的成长历程，并与家庭建立信任。

目标学员

负责青少年项目的经验丰富的教练、有抱负的主教练以及希望专注于运动员发展的指导员。

关键学习成果

1. 成功完成本课程后，教练将能够：
2. 设计和实施一个将技术技能与成长型思维发展相结合的周训练计划。
3. 利用战术变量和地形为运动员创造解决问题的机会。
4. 指导处于“学习训练”和“为训练而训练”发展阶段的运动员。
5. 应用高级教练工具，如搭建支架、交错练习和示范，以加速学习。

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6. 批判性地评估运动员的表现，并提供有针对性的反馈，以解决技能或思维模式方面的特定差距。
7. 在团队环境中有效管理和解决冲突。

日程概览

天数	重点领域	关键活动与内容
第 1-2 天	发展中的运动员	深入探讨运动技能模型和晚专项化。青少年的身体、认知和情感发展。雪上实践：针对 10-14 岁年龄组的教练场景。参与者需要为一名处于发展阶段的运动员准备一份“发展运动员运动能力”的方案。
第 3-4 天	掌握工具	高级学习工具：交错练习 vs. 集中练习、刻意练习和搭建支架。雪上实践：教练练习设计和引导要求运动员适应和解决问题的训练。
第 5-6 天	训练设计与整合	制定多日计划，并将心理、社会 and 智力因素有效整合到雪上训练中。雪上实践：教练实施延长的训练课程，整合技术、战术和社会心理-智力目标。
第 7-8 天	分析与专业实践	高级反馈与沟通。视频分析和反馈技巧。雪上实践：最终教学考核（复杂课程实施）。课程总结与反馈。参与者需对雪上表现进行清晰、简洁和准确的分析。

认证所需的技术技能要求：

教练必须在 MEP 7 级技术技能上达到“超出预期”的标准。详情请参阅 MEP 教学体系和评估标准。

认证附加要求

要完全获得 MEP L4-5 教练认证，参与者必须在 18 个月内完成以下附加课程：

1. 教练英语 II（在线/雪上）
2. MEP 教育框架的应用（在线模块）
3. 雪上运动的运动员发展（在线模块）

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4. 管理冲突（在线）
5. 心理健康与运动（在线）

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