

APPENDIX



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Draft Generic Player/Athlete Pathway – Statement of Player/Athlete Capacities

| FUNDamental | Learning to Train | Training to Train | Training to Compete | Training to Win | Retirement/ Retainment |
|---|--|--|--|---|---|
| AIM: Fun and Participation. Learn all fundamental movement skills | AIM: Fun and participation. Learn all fundamental sports skills | AIM: Consolidate sport skills and build aerobic base and strength | AIM: Optimise fitness preparation and individual - and position-specific skills and performance | AIM: Maximise fitness preparation and individual - and position-specific skills as well as performance | AIM: To enjoy a healthy, active lifestyle and retain players/athletes for coaching, administration roles, etc |
| Technical <ul style="list-style-type: none"> Basic motor skills: proper running, jumping and throwing technique | Technical <ul style="list-style-type: none"> Strong emphasis on skill development | Technical <ul style="list-style-type: none"> Further develop and consolidate sport-specific skills | Technical <ul style="list-style-type: none"> Proficiency in basic sports skills | Technical <ul style="list-style-type: none"> Complete the refinement of sports-specific skills | Technical <ul style="list-style-type: none"> Retain skills and develop new ones |
| <ul style="list-style-type: none"> Modified skills of different sports | <ul style="list-style-type: none"> Fundamental skills progressively refined, combined and elaborated upon to more sport-specific skills | <ul style="list-style-type: none"> Individualisation to address strengths and weaknesses | <ul style="list-style-type: none"> Sport-specific technical and playing skills under competitive conditions and at high intensity | <ul style="list-style-type: none"> Event-/competition-specific training skills are automatic/second nature | |
| <ul style="list-style-type: none"> Use of appropriate footwear and clothing | <ul style="list-style-type: none"> Practise skills | | <ul style="list-style-type: none"> Individualisation of skills: personal style | <ul style="list-style-type: none"> Ability to improvise with skills | |
| <ul style="list-style-type: none"> Knowledge of the basics of equipment | | | <ul style="list-style-type: none"> Consistency and control | | |
| | | | <ul style="list-style-type: none"> Competition simulation training | | |
| Tactical <ul style="list-style-type: none"> Introduction to simple rules and ethics of sport | Tactical <ul style="list-style-type: none"> Modified and small-sided games | Tactical <ul style="list-style-type: none"> Early stages of tactical preparation | Tactical <ul style="list-style-type: none"> Event- and position-specific tactical preparation | Tactical <ul style="list-style-type: none"> Develop effective competition strategies | Tactical <ul style="list-style-type: none"> Retain recreational involvement |
| <ul style="list-style-type: none"> Basic game and movement concepts | <ul style="list-style-type: none"> Key game principles | <ul style="list-style-type: none"> Basic and intermediate team/individual tactics | <ul style="list-style-type: none"> Principles of attack and defence | <ul style="list-style-type: none"> Adapt strategies to situation | |
| | | | <ul style="list-style-type: none"> Ability to plan and assess competition | <ul style="list-style-type: none"> Model all possible aspects of performance in training | |
| | | | <ul style="list-style-type: none"> Adaptation to situation | <ul style="list-style-type: none"> Play to strengths, exploit weaknesses of opponents | |
| | | | <ul style="list-style-type: none"> Observe and adapt to opponents | | |

Draft Generic Player/Athlete Pathway – Statement of Player/Athlete Capacities (cont)

| FUNDamental | Learning to Train | Training to Train | Training to Compete | Training to Win | Retirement/ Retainment |
|---|---|---|--|---|--|
| Physical <ul style="list-style-type: none"> General overall development and mobility | Physical <ul style="list-style-type: none"> Continue to develop agility, balance, co-ordination, speed | Physical <ul style="list-style-type: none"> Emphasis on general and balanced physical conditioning | Physical <ul style="list-style-type: none"> Sport-position - and individual-specific intensive physical conditioning | Physical <ul style="list-style-type: none"> Maintenance and possible improvement of physical capacities with a view to maximising performance | Physical <ul style="list-style-type: none"> Keep active through sports participation |
| <ul style="list-style-type: none"> Running, jumping, throwing | <ul style="list-style-type: none"> Continue to develop speed, power and endurance through fun games | <ul style="list-style-type: none"> Aerobic training prioritised after onset of Peak Height Velocity (PHV)* | <ul style="list-style-type: none"> Shoulder, elbow, core, spine and ankle stability | <ul style="list-style-type: none"> Shoulder, elbow, core, spine and ankle stability | <ul style="list-style-type: none"> Endurance training |
| <ul style="list-style-type: none"> Agility, balance, co-ordination, speed | <ul style="list-style-type: none"> Medicine ball, Swiss ball and own-body exercises for strength as well as hopping-bounding exercises | <ul style="list-style-type: none"> Strength training prioritised in females after PHV and with the onset of menarche | <ul style="list-style-type: none"> Optimum preparation: tapering and peaking | <ul style="list-style-type: none"> All aspects individualised | <ul style="list-style-type: none"> Strength training |
| <ul style="list-style-type: none"> Develop speed, power and endurance through FUN games | <ul style="list-style-type: none"> Basic flexibility exercises | <ul style="list-style-type: none"> Strength training prioritised in males 12-18 months after PHV | | <ul style="list-style-type: none"> Frequent prophylactic (preventative) breaks | <ul style="list-style-type: none"> Flexibility training |
| <ul style="list-style-type: none"> Develop linear, lateral and multi-directional speed | <ul style="list-style-type: none"> Warm-up and stretching | <ul style="list-style-type: none"> Flexibility training | | | |
| <ul style="list-style-type: none"> Medicine ball, Swiss ball and own-body exercises for strength | | <ul style="list-style-type: none"> Shoulder, elbow, core, spine and ankle stability | | | |
| | | <ul style="list-style-type: none"> Frequent musculoskeletal evaluations during PHV | | | |

* Peak Height Velocity (PHV) is the maximum rate of growth in stature during the growth spurt.

Draft Generic Player/Athlete Pathway – Statement of Player/Athlete Capacities (cont)

| FUNDamental | Learning to Train | Training to Train | Training to Compete | Training to Win | Retirement/ Retainment |
|--|---|--|--|--|---|
| Mental <ul style="list-style-type: none"> • Positive attitude to sport | Mental <ul style="list-style-type: none"> • Introduction to mental preparation | Mental <ul style="list-style-type: none"> • Goal setting (short and medium term) | Mental <ul style="list-style-type: none"> • Focus and thought control – self talk/verbal cues (dealing with distractions and negative thoughts) | Mental <ul style="list-style-type: none"> • Well developed, refined and individualised mental skills and routines | Mental <ul style="list-style-type: none"> • Relaxation |
| <ul style="list-style-type: none"> • Confidence | <ul style="list-style-type: none"> • Understanding of the role of practise | <ul style="list-style-type: none"> • Imagery (practising and improving technique and self-confidence) | <ul style="list-style-type: none"> • Goal setting (long term) | <ul style="list-style-type: none"> • Refocusing plans/coping strategies | <ul style="list-style-type: none"> • Readjustment to non-competitive environment |
| <ul style="list-style-type: none"> • Concentration | <ul style="list-style-type: none"> • Perseverance | <ul style="list-style-type: none"> • Relaxation (deep breathing) | <ul style="list-style-type: none"> • Performance routines and precompetition preparation | <ul style="list-style-type: none"> • Will to win/drive | |
| <ul style="list-style-type: none"> • Achieve success and receive positive reinforcement | <ul style="list-style-type: none"> • Confidence | <ul style="list-style-type: none"> • Patience and control | <ul style="list-style-type: none"> • Imagery (competition, different situations/problems, practising strategies) | <ul style="list-style-type: none"> • Concentration/focus | |
| | <ul style="list-style-type: none"> • Concentration | <ul style="list-style-type: none"> • Concentration | <ul style="list-style-type: none"> • Anxiety control and relaxation (progressive muscle relaxation, hypnosis) | <ul style="list-style-type: none"> • Independent decision-making, | |
| | <ul style="list-style-type: none"> • Achieve success and receive positive reinforcement | <ul style="list-style-type: none"> • Continue positive reinforcement | <ul style="list-style-type: none"> • Personal responsibility and involvement in decision making | <ul style="list-style-type: none"> • Capable of teamwork and taking advice | |

Draft Generic Player/Athlete Pathway – Statement of Player/Athlete Capacities (cont)

| FUNDamental | Learning to Train | Training to Train | Training to Compete | Training to Win | Retirement/ Retainment |
|--|---|---|---|--|---|
| Lifestyle <ul style="list-style-type: none"> • Involvement in multi-sports | Lifestyle <ul style="list-style-type: none"> • Involvement in multi-sports | Lifestyle <ul style="list-style-type: none"> • Rest and recovery | Lifestyle <ul style="list-style-type: none"> • Individualisation of ancillary supports | Lifestyle <ul style="list-style-type: none"> • Increased knowledge on all areas | Lifestyle <ul style="list-style-type: none"> • Pursue personal and family goals more strongly |
| <ul style="list-style-type: none"> • Learn safety | <ul style="list-style-type: none"> • Inclusion of sport in lifestyle | <ul style="list-style-type: none"> • Nutrition/hydration | <ul style="list-style-type: none"> • Refined self-monitoring | <ul style="list-style-type: none"> • Rest and relaxation. Frequent breaks | <ul style="list-style-type: none"> • Pursue further education/career development |
| | <ul style="list-style-type: none"> • Participation in complementary sports | <ul style="list-style-type: none"> • Training and performance diary/log | <ul style="list-style-type: none"> • Plan career/sport options | <ul style="list-style-type: none"> • Well developed self-monitoring | <ul style="list-style-type: none"> • Possible engagement in administration, coaching, media/PR |
| | | <ul style="list-style-type: none"> • Time management | <ul style="list-style-type: none"> • Increased knowledge on hydration and nutrition | <ul style="list-style-type: none"> • Well developed and integrated support network/structure. | <ul style="list-style-type: none"> • Seek transition support, if required |
| | | <ul style="list-style-type: none"> • Introduction to planning and periodisation | <ul style="list-style-type: none"> • Preparation for different environments e.g. heat/cold/rain/altitude | <ul style="list-style-type: none"> • Career/sport planning sustained | |
| | | | <ul style="list-style-type: none"> • Injury prevention and recovery | | |
| Personal <ul style="list-style-type: none"> • Enjoyment/fun | Personal <ul style="list-style-type: none"> • Understand the changes puberty will bring | Personal <ul style="list-style-type: none"> • Interpersonal skills and learning to work in team environment | Personal <ul style="list-style-type: none"> • Continued personal development | Personal <ul style="list-style-type: none"> • Full integration of sport, career and life goals | Personal <ul style="list-style-type: none"> • Reset goals |
| <ul style="list-style-type: none"> • Fair play | <ul style="list-style-type: none"> • Accept discipline and structure | <ul style="list-style-type: none"> • Positive communication | <ul style="list-style-type: none"> • Integration of sport, career and life goals | | |
| <ul style="list-style-type: none"> • Positive attitude | <ul style="list-style-type: none"> • Understand the relationship between effort and outcome | <ul style="list-style-type: none"> • Discipline and personal responsibility | <ul style="list-style-type: none"> • Economic and independence issues addressed | | |
| <ul style="list-style-type: none"> • Teamwork/interaction skills | <ul style="list-style-type: none"> • Teamwork/interaction skills | <ul style="list-style-type: none"> • Awareness of Peak Height Velocity and windows of trainability | | | |
| Physical activity 5-6 times per week | Sport-specific training 3 times per week, participation in other sports 3 times per week | Sport-specific training 6-9 times per week | Sport-specific technical, tactical and fitness training 9-12 times per week | Sport-specific technical, tactical and fitness training 9-15 times per week | Physical activity 3-6 times per week |