

Syllabus with coaching-level descriptors (to be adapted to sport-specific requirements)

Introduction to coaching level

Aim: The aim of the course is to:

- Arouse interest in coaching
- Provide basic coaching skills
- Promote awareness of the coaching process
- Identify key factors in working with young participants

Coaches will develop specific coaching capacities in six areas and be able to provide specific assistance to players/athletes in six capacities areas (see opposite).

Pathway Phase: Identify the pathway phase associated with this level. Who will the coaches be coaching? You may highlight this with a description of the type of players/athletes involved at this level. (FUNdamental/learning to train are the most likely phases dealt with by this coaching level)

Entry requirements: Course candidates will be 16 years or over. Candidates will be asked to abide by the Code of Ethics/Conduct in a sport and the Code of Ethics and Good Practise for children’s sport in Ireland.

Duration/format: 8-10 hours. While a one-day course is feasible, it is recommended to use a format which splits the time, on the basis that coaches can practise coaching or do other distance-learning tasks between course-contact times.

- 1 day (8-10 hours)
- 2 sessions (5 hours)
- 3 sessions (3-4 hours)

Methodology: During class-based and field-based presentations, coaches will be involved in experiencing practical coaching skills (focus on – plan, organise, demonstrate/awareness of – analysis, provide feedback, evaluate), in a preliminary way, so as to contribute to the sporting process as an assistant coach.

Assessment: No formal assessment required

Certification: A certificate of attendance will be awarded to those who attend the full course. The certificate will be awarded by the NGB and NCTC.

Ongoing support: The Introduction to Coaching level is only the beginning of the coach education process. Further practical coaching experience and involvement in a Level 1 course are recommended for assistant coaches to further develop the above coaching capacities.

Player/athlete capacities

Technical

- Basic motor skills: proper running, jumping and throwing technique
- Basic skills of the sport
- Use of appropriate footwear and clothing
- Knowledge of the basics of equipment

Tactical

- Introduction to simple rules and ethics of sport

- Basic game and movement concepts

Physical

- General overall development and mobility
- Running, jumping, throwing
- Agility, balance, co-ordination, speed
- Develop speed, power and endurance through FUN games
- Develop linear, lateral and multi-directional speed
- Medicine ball, Swiss ball and own-body exercises for strength

Mental

- Positive attitude to sport
- Confidence
- Concentration
- Achieve success and receive positive reinforcement

Lifestyle

- Involvement in multi-sports
- Learn safety

Personal

- Enjoyment/fun
- Fair play
- Positive attitude
- Teamwork/interaction skills

Coaching capacities/knowledge

Knowledge of the sport and of the player/athlete

1. Growth and development and range of FUNdamental (FUN) capacities
2. Key points of the player/athlete capacities (listed opposite)
3. Learning and capacity development

Coaching style, values and ethics

4. Personal capacities that will assist coaching process
5. Code of Ethics

6. Include all participants

7. People with disabilities in sport

Needs analysis and planning

8. Concept of individual differences
9. Basic plan of a session
10. Safety

Coaching at practise/performance

11. Basic ability to organise, demonstrate
12. Informed of need to observe, analyse, provide feedback, adapt/progress

Communication and teamwork

13. Communicate with players/athletes, parents

Review, evaluate and self-reflect

14. Basic evaluation of a session

Note: The NCDP coaching ladder is in a process of further development based on the thinking behind the proposed model of the LTPAD in Ireland. This outline is a representation of what is envisaged at the end of this process of review. NCTC will advise NGBs of further developments.