

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

Level 2

**Aim:** To provide coaches with the capacities to assist participants to:

- Train to train
- Make choices concerning their sporting future
- Compete to the highest level in underage national-level competition

The Level 2 coach may also work with adults who aim to perform up to the highest standard of regional club competition

Coaches will develop specific coaching capacities in 6 areas and be able to provide specific assistance to players/athletes in 6 capacities areas (see opposite)

**Entry requirements:** 18 years of age or older. Hold a Level 1 certificate. Be active in coaching for 1 year after the Level 1 course. Candidates will be asked to sign on 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:** 40-60 hours, with a minimum contact time of 30 hours. The formats below are recommended on the basis that coaches can practise coaching and do other tasks to consolidate their learning between course-contact times.

- 3-4 sessions (10 hours/1.0 - 1.5 days each, not on the same weekend)
- 4-6 x 1-day inputs (7-8 hours each)
- 8-10 sessions (3-6 hours)
- Another combination to equate with course-contact time

**Methodology:** The methodology employed should ensure that coaches will have mastered the broad range of skills will enable them to cope with club sport and support young players/athletes in their development. The coach will have the ability to respond to changing circumstances and will have a well-developed philosophy of coaching. Coaching skills will be further developed during the course through suitably structured practical activities and tasks, involving peer feedback.

**Assessment:**

- Written plan for a series of sessions
- Observed practical on the course
- Observed practical in the club/school
- Written assessment on key course content, including continuous assessment/distance learning tasks (an oral assessment may be set to meet this requirement)
- Logbook course (10-30 hours coaching to be completed before the course concludes)

**Pathway Phase:** Training-to-Train phase (main focus) – Participants, with whom the coaches will work, will be young people who have a good fundamental and sports specific base and who are ready to learn how to train for an intensive level of competition, with the emphasis on learning rather than on results. This stage addresses the critical and sensitive periods of physical and skill development. This will prepare the participants to decide on their future involvement in sport, be it at recreation level, as a club performer or in high performance.

**Certification:** A NCDP Level 2 Certificate will be awarded (based on full course attendance/ completion of course assessments). The certificate will be awarded by the NGB, and NCTC

**Ongoing support:** This is the second level of coaching in the NCDP. Coaches are recommended to keep up-to-date on good coaching practise. it is envisaged that reaccreditation will be required on a four yearly basis (process to be defined for NCDP in 2004)

Player/athlete capacities

Learning to Train capacities plus:

**Technical**

- Further develop and consolidate sport-specific skills
- Individualisation to address strengths and weaknesses

**Tactical**

- Early stages of tactical preparation
- Basic and intermediate team/individual tactics

**Physical**

- Emphasis on general and balanced physical conditioning
- Aerobic training prioritised after onset of Peak Height Velocity (PHV)
- Strength training prioritised in females after PHV and with the onset of menarche
- Strength training prioritised in males 12-18 months after PHV
- Flexibility training
- Shoulder, elbow, core, spine and ankle stability
- Frequent musculoskeletal evaluations during PHV

**Mental**

- Goal setting (short and medium term)
- Imagery (practising and improving technique and self-confidence)
- Relaxation (deep breathing)
- Patience and control
- Concentration
- Continue positive reinforcement

**Lifestyle**

- Rest and recovery
- Nutrition/hydration
- Training and performance diary/log
- Time management
- Introduction to planning and periodisation

**Personal**

- Interpersonal skills and learning to work in team environment
- Positive communication
- Discipline and personal responsibility
- Awareness of PHV and windows of trainability

Coaching capacities/knowledge

**Knowledge of the sport and of the player/athlete**

1. Growth and development, Training to Train capacities (transition from Learning to Train to Training to Compete)
2. Key points of player/athlete capacities (listed opposite)
3. Learning and capacity development

**Coaching style, values and ethics**

4. Child/player/athlete-centred approach to coaching
5. Code of Ethics
6. Include all participants
7. People with disabilities in sport

**Needs analysis and planning**

8. Measures for capacities
9. Plan a season and phases of preparation/maintenance (in association with others)
10. Plan safe, effective sessions
11. Records of tests, sessions, seasons, individual player/athlete notes, evaluation

**Coaching at practise/competition**

12. Organise, conduct sessions
13. Performance routines – pre, during and post event
14. Notational analysis to assess performance

**Communication and teamwork**

15. Communicate with players/athletes, assistant coaches, parents, club personnel, media

**Review, evaluate and self-reflect**

16. Evaluate the effectiveness of phases of training/season
17. Evaluate sessions and all inputs
18. Self-reflect on coaching involvement

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.