

Information Sheet: L1 coach and coaching course

L1 coaching competencies

The following are the basic competencies of a Level 1 accredited coach:

- Demonstrate ethical practices in relation to the Coach's Code of Behaviour
- Prepare a seasonal or event plan appropriate to needs of the team
- Develop outline lesson plans for effective training sessions
- Organise and conduct safe and challenging activities and training sessions
- Use appropriate and positive communication to meet the situation and needs
- Implement effective and efficient skill and tactical development
- Provide basic technical and tactical feedback on team and player performance
- Evaluate / review coaching sessions (own and others for self-development)
- Implement feedback strategies to improve coaching and team / player behaviour

L1 course delivery

Delivery of the integrated Level 1 Coaching Course will be through face-to-face workshop seminars. Most workshops will be delivered over weekends (often extended) and delivery will be assisted by a standardized Presenter Kit with notes, worksheets, MS-PowerPoint presentations and DVD/CD to assist with the presentation of these coach training programs. A Level 3 Course Presenter or above must be in attendance during L1 delivery. All L1 courses must be registered and a Course Coordinator appointed.

Course content and duration

Topics include Introduction to Coaching, Role of the Coach, Individual skills, Sub Unit Skills, Improving Performance, Fitness for Touch, The Junior Athlete, Team Skills, Game Sense, Planning, Sports Safety and Injuries, Rules of Touch and the important Practical Observations & Assessments. The L1 coaching course involves 14 hours coursework. Delivery schedules may be flexible however most courses are delivered over a weekend.

Assessment

Assessment will occur in four areas i.e. course workbook; rules examination; participation in coursework; and practical coaching. Candidates must complete all aspects of the Level 1 Coach Accreditation Program workbook. The workbook has been designed to assess the candidates background knowledge of the concepts delivered in the training program. The rules examination is a simple, multiple choice test of basic rule knowledge. During the workshop all participants will be required to positively contribute to group work, scenarios and practical work. Coaching practice can be achieved prior to or post-coursework and in most cases basic practical assessment will be undertaken during course delivery. Assessment as competent must be completed by a qualified assessor. This assessment task is aimed at assessing the participant's practical ability to effectively coach. The "in-course" practical sessions involve coaching a simple skill within a peer environment, usually 15-20 minutes in duration.

Cost and registration

The registration fee for 2010 Europe Project L1 coaching courses has been set at EU80 for participants at all L1 courses. Potential participants are required to complete the L1 Course Registration Form and submit that completed document prior to the course, together with a minimum of 50% of the registration fee (EU40), to the nominated Course Coordinator, who is responsible for planning, administration and financial matters for each course. Details of Course Coordinators will be advised when known. Courses for the 2010 Coaching Project are planned as follows:

14-16 th May	Bristol, England (TBC alternative Cardiff)
4-6 th June	Puos d'Alpago (Belluno), Italy
25-27 th June	Barcelona, Catalonia
9-11 th July	Guernsey

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