Coaching Roles

Level 1 Coaching Assistant
Assists the delivery of sessions

Role Description
• assists with coaching sessions and requires a basic knowledge
• potential to lead warm up, cool down and reinforce points to small groups under supervision
• cognitive and practical competences required to perform basic coaching functions, with guidance
• ability to contribute to a basic evaluation of sports coaching

Level 2 Session Coach
Deliver Sessions Independently
Delivers sessions possibly as part of a wider programme, various taster sessions, sessions that may be part of a participation programme, club sessions

Role Description
• delivers (pre planned) sessions or plans basic sessions
• cognitive and practical competences to perform basic coaching functions of select a plan, do review at a level to suit participants
• leads own planned sessions
• may deliver from pre prepared plans may work under supervision as part of a programme’s coaching staff
• may work with leaders and assistants
• ability to carry out a basic evaluation of sports coaching leading to self reflection and to simple changes in practice

Level 2 Coach
Develop and deliver a series of sessions (often a Club Coach)
Delivers sessions over a season, often as part of a wider programme

Role Description
• plans, leads and evaluates coaching sessions and blocks of progressive sessions
• cognitive and practical competences to perform basic coaching functions of plan, do review independently within an open yet structured environment
• leads own sessions, may work under supervision as part of a programme’s coaching staff
• supports Coaching Assistant’s and pre-coaches / leaders in their development
• has extended knowledge
• ability to carry out a some evaluation of sports coaching leading to self reflection and to simple changes in practice
**Senior/ Head Coach (Level 3)**
Oversees and contributes to the delivery of programmes over seasons and in specific contexts. Involved in the management and development of other coaches.

**Role Description**
- plans, manages leads and evaluates coaching programmes
- works independently and plays a leading role within the structure of the programme
- supports the management and development of less experienced coaches
- extended and integrated knowledge
- specialised practical competencies to perform advanced coaching functions independently within a changing environment
- ability to carry out more advanced evaluation of sports coaching and consider alternative courses of action leading to comprehensive and, at times, innovative changes and solutions