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Why coach?

In the UK, there are more than one million adults providing coaching to an estimated five million sports participants per week. Coaches are vital for sport, and it is clear that effective coaching plays an essential role in developing, sustaining and increasing participation in sport.

*Quality coaching enhances health and well-being, promotes fair play and builds social cohesion and self-esteem. Throughout the UK, great coaches help to develop leadership and teamwork, change individual behaviour and improve quality of life.*


Quality coaching provides many benefits for participants, but there are also many motivations and reasons as to why people coach. Some examples might be because coaches have an interest in, or passion for, sport, a coach may want to give something back to a sport he or she has been involved with as a player or spectator, or it may simply be because of the personal satisfaction coaches gain by helping others.

Whatever your reasons for thinking about becoming a coach, many skills can be developed and enhanced through training and recognised qualifications that will help you to strengthen your CV when applying for jobs. Coaching is also becoming more professionalised, and there are more and more paid coaching opportunities available: for example, in schools, leisure centres, your local youth centre and sports clubs.

What is this guide?

The purpose of this guide is to tell you about the different courses you can access as a new coach. The guide aims to provide you with enough information to decide whether sport coaching is right for you. It provides a breakdown of each of the different sports coaching qualifications that are UK Coaching Certificate (UKCC) endorsed at Level 1, and includes information on how each qualification is structured and what is involved so you know what is required when you sign up to the UKCC qualification of your choice.

To find out specific dates and further details of any qualification courses running in your area, please use the website links provided.

What is the UKCC and what does it mean for me?

In July 2002, the government-commissioned Coaching Task Force reported coach education schemes in the UK to be varied in terms of quality of content, delivery and assessment due to the lack of a recognised professional framework for coaching. The UKCC was one of the key recommendations from the Coaching Task Force, leading to a number of sports developing coaching certificates. The UKCC is not a qualification in its own right, but the endorsement of a governing body coach education programme.

There are currently 25 sports with UKCC endorsement at Level 1. This means the qualifications are all certified against an agreed set of criteria, and when taking your chosen qualification, you can be assured your sport is delivering the best available, athlete-centred coaching. Plus, there will be a clear vocational pathway for you as a coach, which increases your opportunities for personal and career development.
The UKCC is split into four levels. At Level 1, all coaches who successfully complete an award will be qualified to **assist more-qualified coaches**, delivering aspects of coaching sessions, normally under direct supervision.

Therefore, if you take one of the Level 1 qualifications detailed in this guide, you will be qualified to work with a higher-qualified coach so you won’t be on your own!

The UKCC qualifications are structured so there is continual feedback and support from your tutors throughout. Usually, coaches are given a personal action plan at the end of the course to help them find out where to go next.

**What should I do next?**

When you have looked at all of the options available and decided on the UKCC qualification that is right for you, please use the relevant governing body web link provided to access the most up-to-date information. It is likely you will need to fill in an application/booking form to secure your place on a course.

**For the very latest information**

At the time of publication, 30 September 2010, the information in this document is correct. However, as the programmes that are UKCC endorsed have a strong emphasis on continuous improvement, the information is constantly changing. The relevant governing body of sport will be able to advise of any changes to the programme.

This guide only covers sports that are involved in the UKCC at Level 1. For more information on coaching qualifications in other sports, please visit the relevant sport’s governing body website.
How is the course structured?

The course is held over two days and contains a mix of theory and practical tasks. There are also some elements of home study. The qualification is made up of four units:

- Introduction to Safe and Ethical Coaching in Angling
- Preparing to Deliver Angling Coaching Activities
- Delivering and Reviewing Coaching Activities
- Coaching Angling.

During the qualification, you will also be required to complete a portfolio, which forms a record of your written and practical activities.

What are the pre-course requirements?

To be eligible to attend the course, you must:

- be aged 16 years or over.

It is also recommended that learners have some experience of angling.

How will I be assessed?

There will be a series of assessed tasks throughout the course: these are individual and small group activities. You will also be required to complete short practical, verbal and written assessments.

What support can I expect?

During the course, you will receive support from your tutors. At the conclusion of the programme of training and assessment, you will be provided with an action plan for your further development. You will also receive support and guidance on accessing learning resources that support the development of your knowledge.

What will I be qualified to do?

The Level 1 Certificate qualifies an angler to coach as an assistant under the direction of a Level 2 coach.

What could I do next?

All coaches are encouraged to keep their knowledge and skills up to date by attending regular workshops, courses and events. You may also want to progress on to the Level 2 Certificate in Coaching Angling, which will ensure you can operate alone to deliver one-to-one or group tuition.

www.anglingtrust.net
How is the course structured?

The course is made up of three days’ training followed by a practical assessment on a fourth day. You will be required to take part in 12 hours of Supported Practice (e.g., coaching in an archery club, away from the course) between the first day of training and the assessment day.

What are the pre-course requirements?

To be eligible to attend the course, you must:

- be at least 15 years old (or 16 years old to receive the certificate of completion).

Please note that to become an Archery GB-licensed coach, you must complete a Criminal Records Bureau (CRB) disclosure.

How will I be assessed?

In order to achieve the qualification, you will be asked to complete a mixture of written and practical assessment tasks. The written tasks are short question-and-answer papers, while the practical assessment includes planning, delivering and evaluating an archery session.

What support can I expect?

During Supported Practice, you will work with a mentor to help you to reflect, evaluate and find ways to improve. You will also be required to keep a record of the Supported Practice that you take part in.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach to deliver individual archery sessions using the resources provided within the course material.

What could I do next?

As a Level 1 coach, you will be encouraged to gain coaching experience and take part in the opportunities on offer to maintain and progress your skills (i.e., continuing professional development – CPD). Archery GB also delivers a Level 2 coaching award for coaches wishing to progress to the next stage of coaching.

www.archerygb.org
The Level 1 Certificate in Coaching Badminton may be your first step on the Badminton England coaching pathway. The course is suitable for people new to coaching, who have some knowledge of the game and would like to learn how to apply their skills in a coaching environment.

The qualification focuses on both the art and the science of coaching and will introduce you to the ‘how to’ skills of coaching as well as helping you to break down and coach the technical and tactical elements of the game. The qualification covers the following key areas:

- roles and responsibilities of the Level 1 coach, including health and safety, child protection, equity and code of conduct
- technical elements of the basic badminton strokes, including how to break them down and deliver them appropriately to a variety of target audiences
- introduction to tactics, including spatial awareness and basic doubles formations
- delivering an effective warm-up and cool-down
- ‘how to coach’ skills, including coaching styles, learning styles, communication skills, questioning, demonstration, observation and feedback skills, structuring an activity, goal setting.

How is the course structured?
The tutor-delivered element of the course takes place over 2.5 days, and you will be expected to spend some time studying away from the course. The course is split into the following phases:

- Phase 1: Induction and pre-course activities (10 hours*)
- Phase 2: Taught programme and ongoing internal assessment (one day)
- Phase 3: Mid-course study and ongoing internal assessment (seven hours*)
- Phase 4: Taught programme and ongoing internal assessment (one day)
- Phase 5: Post-taught programme self-directed learning (three hours*)
- Phase 6: Independent assessment (0.5 days).

* These are the guideline times allocated for the ‘away-from-course’ elements; however, you may find that you complete the tasks in significantly less time.

What are the pre-course requirements?
To be eligible to attend the course, you must:

- be at least 16 years old on the first day of the course
- either have some experience of playing the game and be able to take part in a short rally or be able to demonstrate knowledge and understanding of what is required when playing the game and the technicalities required when taking part in a short rally.

How will I be assessed?
Assessment is ongoing throughout the course and will include an independent assessment, which lasts half a day. Before the independent assessment day, you will be given the opportunity to prepare a 15-minute coaching session of a forehand overhead stroke (ie clear, drop shot or smash). One of these three strokes will be selected on the assessment day for you to deliver.

What support can I expect?
During the course, you will have many opportunities for coaching practice and to receive feedback on your coaching skills.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach to assist a coach with a higher qualification working with beginner-level players of all ages.

What could I do next?
As a Level 1 coach, you can gain employment as an assistant to an appropriately qualified club coach. Level 1 coaches are also eligible to progress to a Level 2 coaching award.

www.badmintononengland.co.uk
How is the course structured?

The whole qualification is designed to be a mixture of tutor-delivered theory, practical sessions and home study. The qualification places appropriate emphasis on the practical aspects of the role of the coach.

The tutor-delivered element of the course will take place over two days, with normally 2–3 weeks between the days for you to be able to gain some coaching practice. There will be a minimal amount of coursework to do in preparation for the taught sessions.

What are the pre-course requirements?

To be eligible to attend the course, you must:

• be at least 16 years or older.

Prior to the course, you will also need to find a qualified Level 2 or 3 basketball coach or PE teacher/coordina- tor, who delivers sessions at a club or local school and will be able to support or mentor you in delivering coaching practice. You and the coach should agree on coaching practice dates and times.

If you find that you are unable to identify a qualified coach to support you during your coaching practice, please contact England Basketball for assistance.

How will I be assessed?

In order to achieve the qualification, you will have to complete a Learner Pack to provide evidence of coaching at least two sessions, plan and deliver a 15-minute coaching session on a particular skill and complete a short question-and-answer paper, which is externally marked.

What support can I expect?

Your tutors will support you throughout the duration of the course by providing informal feedback. Your coaching mentor will provide further support within the club or coaching setting.

After the final assessment, you will be provided with an individual action plan.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach and be able to assist more qualified coaches in delivering aspects of coaching sessions, normally under direct supervision.

What could I do next?

Level 1 coaches may be able to gain paid or voluntary employment as an assistant coach for club teams, after-school clubs, children and young people. Alternatively, you could use the course as a pathway to progress to the Level 2 Certificate in Coaching Basketball.

www.englandbasketball.co.uk

The Level 1 Certificate in Coaching Basketball is the first level of coaching qualification for those who wish to commit to coaching the sport. The course provides each learning coach with a basic knowledge of basketball and the coaching skills necessary.
CANOEING
How is the course structured?
The course will be delivered over four days and will include both training and assessment.

What are the pre-course requirements?
To be eligible to attend the course, you must:
- be at least 16 years of age
- understand the basics of manoeuvring a canoe or kayak, either through participation in the sport or observation.

How will I be assessed?
In order to achieve the qualification, you must successfully complete five assessment tasks, which include safety and rescue skills, coaching skills and the technical understanding of paddlesport.

The assessments are based on a mixture of practical tasks, a multiple-choice question paper and tutor questioning.

What support can I expect?
Your training director will provide you with support throughout the course and/or you may be able to receive further support through your local club.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach and be able to plan, deliver and review short coaching sessions, normally under direct supervision. Level 1 coaches can work with paddlers at any stage of development and will receive specific training to coach paddlers in their first year of activity, and run taster sessions.

What could I do next?
The British Canoe Union runs a comprehensive continuing professional development programme, which is available to all qualified coaches.

www.bcu.org.uk
The Level 1 Certificate in Coaching Cricket aims to introduce coaching skills to learning coaches and help them to prepare for, deliver and review cricket coaching sessions. The course is designed for anybody with an interest in cricket, who is starting out on the coaching pathway.

How is the course structured?
The course is made up of four three-hour modules and a final assessment. The modules are:
- Module 1: Introduction to Coaching
- Module 2: Using Games to Promote Learning
- Module 3: Developing Technical Skills Using Group Coaching
- Module 4: Group Coaching.

What are the pre-course requirements?
To be eligible to attend the course, you must:
- be at least 16 years of age.
In order to achieve the Level 1 certificate, you must have:
- a recognised first-aid certificate
- attended a safeguarding and protecting children course
- a Criminal Records Bureau (CRB) check.

How will I be assessed?
The assessment will take place over one day. During the assessment day, you will be required to complete a short multiple-choice questionnaire and deliver a 15-minute coaching session to a small group of coaches. At the end of the day, you will be debriefed by an assessor, when your coaching session will be discussed.

What support can I expect?
Your course tutors will provide additional information at the start of each module, and a course workbook will be used regularly throughout the course to aid learning. In addition, a course DVD and supplementary resources are also provided. The course programme is designed to be a learning experience, with many opportunities to develop coaching skills in a supportive environment during the length of the course.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coaching assistant who will be able to assist more-qualified coaches in delivering aspects of coaching sessions, normally under direct supervision. This role may include running warm-up sessions, cool-downs, small-sided games and small group work.

The UKCC Level 1 course aims to set solid foundations while ensuring beginner coaches are equipped to provide players with enjoyable experiences when playing cricket.

What could I do next?
After completing the Level 1 course, coaches are able to progress either to further UKCC qualifications or England and Wales Cricket Board (ECB) continuous development courses. It is usually recommended coaches obtain a place upon the ECB Training Methods Workshop before they look to progress to UKCC Level 2.
The Level 1 Certificate in Coaching Cycling is an entry-level award into the British Cycling Coach Education Programme, aimed at people new to coaching and cycling.

This qualification will provide you with an introduction to the principles of safe, ethical and effective management and coaching of cycling sessions. The course covers all the basics of cycle coaching and will qualify you to deliver pre-prepared coaching sessions, including activities from the British Cycling Go-Ride Gears 1 and 2 Coaching Workbooks.

The course is interactive and involves discussion, presentations and practical activities to help you learn the coaching process through experience. You will have an opportunity to coach cycling techniques to other participants on the course, using a variety of methods and fun activities to develop each other’s knowledge of what and how to coach.

How is the course structured?

Before attending the course, you will be required to complete seven hours of independent study (including reading the induction pack and completing a first-aid course, if you do not already hold a valid first-aid certificate).

The tutor-delivered element of the course is two days in total, with approximately four weeks between days one and two. During the break between the two tutor-delivered sessions, you will have time for home study, to complete the written assessments, and you will be encouraged to observe a coach at work.

What are the pre-course requirements?

To be eligible to attend the course, you must:

• be at least 16 years of age*

• hold a current Health and Safety Executive approved emergency first-aid certificate or equivalent that involves a minimum of six hours’ training

• be in possession of an appropriate level of coaching insurance that provides the same level of cover as that provided by British Cycling Race Silver, Race Gold or Ride membership.

* If you are under the age of 18 years at the time of achieving the qualification, you will be required to be directly supervised by a qualified coach who is over 18 years of age.

All learning coaches are encouraged to obtain a British Cycling Coaching Licence, which will include the completion of an enhanced Criminal Records Bureau check conducted through British Cycling.

How will I be assessed?

To achieve the qualification, you will need to prepare, deliver and review a 15-minute Go-Ride session as well as prepare two additional sessions of approximately one hour in length, which meet the requirements of a particular case study.

You will also be required to complete a short written assignment and three ‘Keeping Children Safe in Sport’ multiple-choice exam papers.

What support can I expect?

The course tutors and assessors will provide support to you throughout the course, and you will also be encouraged to contact British Cycling’s Coaching and Education Officers, your local Regional Development Manager or Go-Ride Coach(es).

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach and will be able to independently prepare for, deliver and review pre-prepared coaching sessions to groups of adults or children.

What could I do next?

British Cycling has a network of Go-Ride Clubs that deliver structured coaching activities using British Cycling-licensed coaches. As a Level 1 coach, you will be encouraged to contact your local Go-Ride Clubs to contribute to the development of cycling in your area.

Level 1 coaches are also encouraged to gain coaching experience with their local Go-Ride Clubs before considering taking the Level 2 Certificate in Coaching Cycling.

www.britishcycling.org.uk
How is the course structured?

The course programme runs over a minimum period of three weeks with two days of tutor-delivered sessions, during which you will complete guided assessment tasks, an individual practical assessment and a portfolio. The time between the tutor-delivered sessions will allow you to gain coaching practice, prepare a practical assessment activity and complete a portfolio of evidence.

What are the pre-course requirements?

To be eligible to attend the course, you must:

- be at least 14 years of age before embarking upon the learning programme (or 16 years old to receive the certificate of completion). Access to the course is at the discretion of the member body.

It will be seen as a distinct advantage if you already hold a vocational competence certificate such as British Horse Society (BHS) stage one or other similar award.

In order to achieve the Level 1 qualification, you must:

- be at least 16 years of age
- have successfully completed a recognised first-aid certificate.

How will I be assessed?

In order to achieve the qualification, you will be assessed in the areas of safe and ethical coaching, planning the delivery of coaching activities and conducting and reviewing coaching activities.

You will be able to prepare activities, such as risk assessments and preparation of equipment, in pairs; however, the emphasis will be on one-to-one assessment and all learning coaches will be assessed individually in the practical coaching sessions.

What support can I expect?

You will be mentored and supported by your course tutors throughout the three weeks of the course.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coaching assistant and will be able to assist more-qualified coaches in delivering aspects of coaching sessions, under direct supervision.

What could I do next?

Level 1 coaches can progress to Level 2, and generic strands and specialist pathways are available within each level.

www.bef.co.uk
How is the course structured?
The course programme is 24–32 hours in length and includes The Football Association (FA) Safeguarding Children in Football course, FA Emergency Aid course and a final assessment.

What are the pre-course requirements?
To be eligible to attend the course, you must:
- be aged 16 years or over.

Additional requirements, which are usually delivered during the learning programme, are:
- FA Safeguarding Children in Football course (three hours)
- Emergency Aid course (FA Emergency Aid) (three hours).

How will I be assessed?
In order to achieve the qualification, you will be required to deliver a 20-minute practical assessment on one of the topics from the FA Level 1 Club Coach Handbook. For this assessment, you will need to produce a session plan and complete a short question-and-answer session with the external tutor.

What support can I expect?
During the course, you can expect to receive support from your tutor. On completion of the practical assessment, you will be provided with a personal action plan.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach and be able to coach grass-roots football for teams, after-school clubs, children and young people, while working under the supervision of a more qualified football coach.

What could I do next?
Coaching football, whether in an employed or voluntary capacity, is a rewarding and responsible role, and the Level 1 course is the first step on the ladder to gain further qualifications, such as the Level 2 and Level 3 coaching certificates. It also enables Level 1 coaches to be eligible to go on to achieve FA Youth Coaching Awards, and specialise in working with young players, aged from five years and upwards. Level 1 coaches may also be able to gain paid or voluntary employment as an assistant to an appropriately qualified coach (Level 2 or above).

The FA also offers specialist courses that allow coaches qualified to UKCC Level 1 and above to continually progress, such as Coaching Disabled Footballers, Goalkeeping and Futsal.

www.thefa.com
GYMNASTICS
The Level 1 Certificate in Coaching Gymnastics is suitable for anybody with a strong interest in coaching gymnastics. The certificate will qualify you to assist in delivering aspects of a gymnastics coaching session under the direct supervision of more qualified coaches.

How is the course structured?

The course is structured over three days, with a two-week break between the tutor-delivered sessions on day one and days two and three.

In the two-week period between sessions, you will be tasked with finding a mentor within a British Gymnastics (BG) registered club who will be able to support you in delivering coaching practice. You and your mentor should agree on coaching practice dates and times.

Day one of the course is generic, with a focus across gymnastic disciplines, while days two and three are discipline-specific, practical sessions.

What are the pre-course requirements?

To be eligible to attend the course, you must:

• be aged 16 years or over.

How will I be assessed?

In order to achieve the qualification, you must complete a logbook containing set tasks and worksheets. You will also be required to devise four session plans of different practices, of which three sessions will be delivered on the assessment day.

All assessments last for an hour and will be conducted on a one-to-one basis. You will be assessed on a mixture of skills from the course syllabus and asked to self-reflect on your own coaching performance. Your assessor will not just be testing your knowledge of technical skills, but also how you coach the skills to gymnasts.

What support can I expect?

Your coaching mentor will be a source of support throughout the course in helping with the logbook, validating the learning hours completed, guiding you through assessment and providing support post-course, in whatever form agreed through your coach action plan.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach and be able to assist in the delivery of aspects of coaching sessions, within a specified gymnastics discipline, under the direct supervision of a more qualified coach.

What could I do next?

As a Level 1 coach, you may seek employment as an assistant coach in BG-registered clubs or leisure centres, or you may choose to progress to the Level 2 qualification if you are aged 17 years or above.

www.british-gymnastics.org
The Level 1 hockey coaching assistant award is intended to provide the essential skills and knowledge necessary to run a safe and enjoyable session for players new to the game.

During the course, you can expect the tutor to introduce:

- basic techniques
- principles of play
- the use of small-sided games
- the rules of the game
- underpinning theory knowledge
- skills to create a safe, enjoyable and effective environment.

How is the course structured?

The course length is a minimum of 17 hours’ contact time and is run over a minimum of three separate occasions. Learning coaches must attend all modules.

There is a minimal amount of pre-course work to do, and you will need to practise coaching between sessions.

What are the pre-course requirements?

Learning coaches must be a minimum of 16 years old to attend the course. The Level 1 course is suitable for those with some experience of playing hockey and those with practice in helping in a coaching or teaching environment.

First aid and safeguarding and protecting children courses can be completed within 12 months of completing the Level 1 hockey course. From January 2011, a Hockey Awareness First Aid course will be a prerequisite to completing the Level 1 award.

How will I be assessed?

If you attend the course, you will be required to complete a learner pack in sessions on the course. For your practical assessment, you will be required to plan and deliver a 15-minute session on a particular skill that will be allocated by your assessor.

What support can I expect?

You will receive continual feedback during practice coaching sessions throughout the course and an action plan for further development after completion of your summative practical assessment.

What will I be qualified to do?

The course will result in you becoming an accredited Level 1 coaching assistant. This is the minimum qualification for those who are involved in hockey coaching sessions working under supervision; for example, a Level 2 coach may be working on another part of the pitch and will assume responsibility for the session.

What could I do next?

It is envisaged that successful learning coaches will take the opportunity to develop their knowledge, understanding and practical skills by volunteering as a coaching assistant in a club or school situation.

Learning coaches demonstrating good competence in all aspects are encouraged to undertake the Level 2 Certificate in Coaching Hockey.

www.englandhockey.co.uk
INDOOR ROWING
How is the course structured?
The tutor-delivered element of the course consists of two days (15 hours) of tutoring and internal assessment. After completing the tutored part of the course, you will be required to sit a one-hour independent written paper.

What are the pre-course requirements?
To be eligible to attend the course, you must:
- be over 16 years of age
- hold an up-to-date first-aid certificate.

In order to achieve the Level 1 certificate, you should also:
- be or become a British Rowing member.
  Non-members can apply online for instant membership (England and Wales).

How will I be assessed?
The qualification is assessed in an appropriate coaching environment, usually a gym setting.

In order to achieve the qualification, you will be assessed on your ability to assess risk in a host environment, as well as the environment where you do the course.

Assessment tasks will include:
- completing an indoor rowing risk assessment
- completing an online safeguarding and protecting children task
- setting up machines for other learning coaches
- creating a log within a course workbook of the parts of a rowing machine and results of maintenance checks
- practical planning coaching activities for different groups
- delivering coaching activities (practical)
- delivering coaching sessions and practice feedback for each other
- internal observation
- an independently assessed, closed-book written paper.

What support can I expect?
You will receive continual feedback during practical coaching sessions and an action plan for further development after completion of your practical assessment.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 assistant coach, and will be able to deliver coaching activities for indoor rowing.

What could I do next?
As a Level 1 coach, you may progress to the UKCC Level 2 qualification or alternative water-based rowing qualifications.

British Rowing also runs an extensive range of continuing professional development workshops regionally, along with a coaching conference, which is held once every two years.

www.britishrowing.org
JUDO
How is the course structured?
The tutor-delivered element of the course programme runs over the course of a weekend, consisting of a three-hour induction on a Friday evening, followed by day sessions on the Saturday and Sunday. The course includes a mock assessment, and you will be involved in creating a personal action plan, then a period of extended study and logged coaching practice before the final assessment on day three.

What are the pre-course requirements?
To be eligible to attend the course, you must:

• be at least 17 years of age
• have a minimum British Judo Association (BJA) Grade 2nd Kyu (Blue belt) or a BJA-recognised equivalent*.

* This requirement is in place in order to ensure the desired minimum technical competence of learning coaches is maintained.

How will I be assessed?
The majority of the assessment will take place on the final day of the course and will include some written tasks. In order to achieve the qualification, you will also need to plan, deliver and evaluate four coaching sessions that must be witnessed by another coach prior to your final assessment.

On the assessment day, you will be required to deliver and evaluate one of four planned activities, which will be observed by an independent assessor.

What support can I expect?
At the end of the programme, you will be provided with formal feedback on your performance and an action plan for further development.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 assistant coach and be able to deliver aspects of the coaching sessions, under the direct supervision of a more qualified coach.

What could I do next?
The Level 1 course can be used as a stepping stone to the Level 2 Certificate in Coaching Judo. As a Level 1 coach, you may be able to gain paid or voluntary employment as an assistant judo coach.

www.britishjudo.org.uk
The Level 1 Certificate in Coaching Netball covers an introduction to the safe, ethical and effective management and coaching of netball to players of all ages.

By the end of the course, you will be able to prepare for the delivery of coaching activities, deliver prepared activities in coaching sessions and evaluate the effectiveness of coaching activities.

How is the course structured?
The course programme includes three days of tutor-delivered sessions, which will be held from 9am to 6pm. There will also be some coursework to do in preparation for the taught sessions, and there are generally 2–3 weeks allowed between days two and three for you to carry out some coaching practice.

What are the pre-course requirements? 
To be eligible to attend the course, you must:
- be at least 16 years of age
- have a sound knowledge and experience of netball and an understanding of the rules.

How will I be assessed?
The aim of assessment is to assess your competency as you develop your skills, not to ‘pass’ or ‘fail’ you. Assessments will take place at different stages of the course, according to your individual ability and readiness, and can be retaken if necessary.

In order to achieve the qualification, you will need to complete some written tasks, as well as plan, deliver and evaluate a netball coaching activity, which will be observed by an independent assessor.

What support can I expect? 
You will be supported throughout the course by your course tutor; you will also have an opportunity for coaching practice and to plan for assessment before day three of the course.

What will I be qualified to do? 
Upon successful completion of the course, you will be qualified as a Level 1 coach and be able to assist more-qualified coaches and deliver some aspects of coaching sessions under their supervision.

What could I do next? 
As a Level 1 coach, you may gain paid or voluntary employment as an assistant netball coach. Level 1 coaches may also progress to the Level 2 coaching award, which will qualify them as independent netball coaches.

www.englandnetball.co.uk
The Level 1 Certificate in Coaching Orienteering will enable you to deliver orienteering sessions, using coaching cards, in designated areas. The course is suitable for anyone who has some orienteering experience and is interested in coaching. The course is very practical and will provide you with opportunities to practise your coaching skills.

The course covers the following four modules:

- Introduction to Safe and Ethical Coaching
- Prepare to Deliver Coaching Activities
- Deliver and Review Coaching Activities
- Coaching Orienteering.

How is the course structured?
The tutor-delivered element of the course programme covers three days; the first two days involve training with some assessment, while the third day is mainly assessment-based. The format of the three-day course is determined by the course tutor and can be of any combination, although it is usually held over a two-day weekend, followed by another weekend day.

What are the pre-course requirements?
To be eligible to attend the course, you must:

- be at least 16 years of age
- demonstrate a personal ability to perform the skills and techniques up to and including Level 4 of the Step System, either through evidence of achieving Light Green standard at an orienteering event or via a practical skills assessment.

How will I be assessed?
In order to achieve the qualification, you will be assessed by:

- a series of assessed written tasks, which will be handed out on day one of the course
- a home-study task to be done before day three of the course
- a 20-minute practical coaching session on day three of the course; you will be given a topic for your practical assessment before day three of the course so you have a chance to plan and prepare
- a written question paper that will be completed under exam conditions.

What support can I expect?
You will be supported by the tutors throughout the course.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach. Level 1 coaches in most other UKCC-endorsed sports are assistant coaches and cannot work alone; however, orienteering has included elements of safety and risk assessment in the course to allow coaches to work within the remit of British Orienteering Safety Guidelines. The restriction is in the graded area (A and B) and the use of resources (coaching cards) to determine the activities.

What could I do next?
As a Level 1 coach, you could progress on to the Level 2 Certificate in Coaching Orienteering.

www.britishorienteering.org.uk
ROUNDEERS
The Level 1 Certificate in Coaching Rounders will provide you with an introduction to the principles and practices of coaching safe rounders activities to adults and young people. The qualification will help you to understand how to deliver aspects of coaching sessions, normally under direct supervision of more-qualified coaches.

The qualification programme will include:
- basic bowling
- basic batting
- running
- ground fielding
- catching
- throwing
- post fielding
- backstopping.

The qualification is excellent for people wanting to get involved in coaching at a rounders club with either junior or senior players.

How is the course structured?
The tutor-delivered element of the course programme is split over two days, with a minimum period of one week between days one and two of the course for you to reflect upon day one and complete the necessary tasks.

What are the pre-course requirements?
To be eligible to attend the course, you must:
- be at least 15 years of age.

Please note that learning coaches cannot be certificated for the Level 1 Certificate in Coaching Rounders until they are 16 years of age.

How will I be assessed?
In order to achieve the qualification, you will be required to complete a 30-minute open book, multiple-choice exam paper. You will also be assessed on delivering a 15-minute practical session (on day one of the course, you will be informed of the skill you will be required to coach for the assessment).

What support can I expect?
Over the two-day course programme, a coach action plan is completed, from which specific areas of support are identified by the tutor. On day two, feedback on the support needed by individual learning coaches is given.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach, capable of assisting more-qualified coaches in delivering aspects of coaching rounders sessions, while under supervision.

What could I do next?
There are other generic courses available for Level 1 coaches. As a Level 1 coach, you may be able to use the qualification to gain either paid or voluntary employment as an assistant coach.

www.roundersengland.co.uk
RUGBY LEAGUE
The Level 1 Certificate in Coaching Rugby League is designed for young people and adults who are looking for an introduction to working with groups of adults, junior rugby league teams, or for parents of children in junior rugby league teams who want to get more involved.

The course is suitable for parents, volunteers and those with limited experience of the game and coaching. It is recommended for people without rugby league coaching experience.

The course will help to develop your understanding of:

• safety and ethics in rugby league
• how to plan and deliver effective rugby league coaching sessions
• how to review your performance as a coach and seek further development opportunities.

How is the course structured?

The tutor-delivered element of the course programme is two days (both days are from 9am to 5.30pm, and you must attend both sessions). There will also be an element of home study.

What are the pre-course requirements?

To be eligible to attend the course, you must:

• be aged 16 years or over.

The Rugby Football League (RFL) also requires all potential learning coaches to have a current CRB check.

How will I be assessed?

In order to achieve the qualification, you must:

• attend all of the course hours
• pass all sections of a multiple-choice assessment paper
• successfully complete all practical observations on the course
• provide written evidence of the completion of pre-course and on-course tasks.

What support can I expect?

At the end of each day of the course, time is set aside for you and the tutor to agree action points for continued improvement and how to support your learning needs.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach and able to assist more-qualified coaches in delivering aspects of coaching sessions, normally under direct supervision.

What could I do next?

As a Level 1 coach, you may seek employment in appropriate paid or voluntary rugby league roles. Opportunities may include coaching in a club and school environment or equivalent. Level 1 coaches can also progress to the Level 2 Certificate in Coaching Rugby League.

In addition, Level 1 coaches may attend various workshops and events aimed at developing coaching skills via STEP (Specific Training and Education Programme and continuing professional development were due to be launched in June 2010).

www.therfl.co.uk
The Level 1 Certificate in Coaching Rugby Union is a vocationally related qualification that will provide you with an opportunity to study and be assessed on both practical and theoretical aspects of coaching the sport.

The course is aimed at providing you with an introduction to the game and the principles/practice of safe, ethical and effective management and coaching of adults and young people. It offers an opportunity for aspiring rugby union coaches to be supported in developing their knowledge of how to effectively coach a local club team or similar, via either the modified game of mini/midi rugby or 15-a-side play.

How is the course structured?

The tutor-delivered element of the course programme is 2.5 days in total and includes a mixture of both theory and practical tasks.

What are the pre-course requirements?

To be eligible to attend the course, you must:

- be aged 18 or over
- provide evidence of having attended awareness training in the protection of children from abuse
- have attended a Start Coaching Rugby Ready Course. This course lasts for three hours and is practical. There is no formal assessment, and the course is delivered by an accredited coach educator.

How will I be assessed?

In order to achieve the qualification, you will be continually assessed on competency as a coach throughout the course. There will also be an open-book multiple-choice written test and home study tasks for you to complete.

What support can I expect?

You will be supported throughout the course by the course tutors.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach and able to assist in coaching the skills and techniques of rugby union, under the direct supervision of a more qualified coach.

What could I do next?

A range of short continuing professional development courses are available for Level 1 coaches to further develop their coaching expertise. These courses help to advance coaches’ knowledge and application of technical, tactical, physiological, psychological and lifestyle factors that affect a player’s performance.

As a Level 1 coach, you could also progress to the Level 2 Certificate in Coaching Rugby Union, which would enable you to coach without supervision. Level 1 coaches may also gain paid or voluntary employment as an assistant to an appropriately qualified club or school team coach.

www.rfu.com
The Level 1 Certificate in Coaching Squash will teach you ‘how’ and ‘what’ to coach and the skills required to coach squash to beginners of all ages. The course will also help you to:

- deliver squash coaching sessions to beginners of all ages
- use the mini-squash cards as a planning, coaching and developmental tool
- explain the coaching skills of building rapport, safe practice, instruction, demonstration and feedback
- create a positive learning environment
- adapt practices to cater for differentiation
- organise mini-squash competitions
- use the coaching principles of what, why, when and how
- identify the technical (what to coach) requirements of the grip, drive, volley, service and service return, boast, drop and lob
- critically evaluate players and coaching practice.

How is the course structured?
The tutor-delivered element of the course programme covers two days, with approximately four weeks between days one and two of the programme. During this time, you will need to plan, deliver and evaluate four mini-squash lessons alongside a coach qualified at Level 1, 2, 3 or 4, and complete the home study requirements.

What are the pre-course requirements?
To be eligible to attend the course, you must:

- be at least 16 years of age
- provide evidence of attending the sports coach UK ‘Safeguarding and Protecting Children’ workshop or an equivalent child protection course.

How will I be assessed?
In order to achieve the qualification, you will be required to practise coaching, complete an element of home study and be formally assessed via a written and a practical assessment.

What support can I expect?
You will be mentored in your practice sessions by an identified coach mentor within your club.

Tutors on the course will also provide the opportunity for discussion, questioning and ongoing support.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach and able to coach mini-squash independently to children aged 5–11 years old, and work as an assistant coach when delivering the full game. All coaches must have had an up-to-date Criminal Records Bureau check.

What could I do next?
As a Level 1 coach, you will be able to gain employment as a mini-squash coach or assist more-qualified coaches in delivering squash coaching sessions to players of all ages.

Level 1 coaches are also able to access continuing professional development opportunities through England Squash and Racketball, and are encouraged to attend relevant sports coach UK workshops.

Squash is endorsed up to UKCC Level 4, which provides coaches with a clear coach education progression route.

www.englandsquashandracketball.com
SWIMMING
The Level 1 awards for swimming are all-inclusive qualifications that sit as the first formally assessed qualifications on the coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (aquatic teaching, diving, swimming coaching, synchronised swimming and water polo) and has a focus on ‘how to teach/coach’ skills, with a technical emphasis on movement literacy as defined by Long-term Athlete Development.

Unit 2 focuses on the specific technical knowledge and practical skills and you can specialise in one of the following strands:

- Teaching Aquatics
- Coaching Diving
- Coaching Swimming
- Coaching Synchronised Swimming
- Coaching Water Polo.

How is the course structured?
Each of the above courses involves 21 hours of theory and 11 hours of practical learning across the two units.

The practical learning may include:
- peer observation
- peer feedback
- tutor demonstration
- learning coach in the water:

What are the pre-course requirements?
To be eligible to attend any of the courses, you must:
- be at least 16 years of age at the start of the course.

How will I be assessed?
Assessment for each of the courses will be carried out by the course tutor/assessor and will cover:
- practical coaching through the use of a continuous checklist, plus one formal 15-minute assessment
- theoretical knowledge through the use of a multiple-choice knowledge test
- planning, preparation and other associated tasks through the completion of written tasks, oral questioning or practical analysis.

What support can I expect?
You will receive support on your chosen course from the tutor and assessor. There will also be online support available before, during and after your course via the candidate support area on the website.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach (in either teaching aquatics, coaching diving, coaching swimming, coaching synchronised swimming or coaching water polo) and be able to actively support a more senior qualified/licensed coach at any level, in the delivery of a pre-prepared session. As a Level 1 coach, you will have an understanding of your chosen specialism and a basic understanding of appropriate corrections to common faults.

What could I do next?
As a Level 1 coach, you may be able to secure paid or voluntary employment as a support coach, usually within a competitive club environment. The Level 1 qualification is the first stage in a four-level coaching structure for each of the strands. Unit 1 (How to Teach/Coach in an Aquatic Environment) is transferable across all Amateur Swimming Association (ASA) disciplines, and if you wish to take a Level 1 qualification in another discipline, you will only be required to complete Unit 2 within that discipline.

The next stage for a qualified Level 1 coach for swimming would be to progress to the ASA/UKCC Level 2 Certificate in your chosen strand and/or Unit 2 of another discipline.

www.britishswimming.org/asa
TABLE TENNIS
How is the course structured?

The tutor-delivered element of the course programme is two eight-hour days, with a 3–6 week break between the two sessions, which will give you time to take part in coaching practice and complete some home study tasks.

What are the pre-course requirements?

To be eligible to attend the course, you must:

- be 16 years of age or over to achieve certification.

In some circumstances, a 15-year-old learning coach with experience of volunteering in a coaching capacity may be suitable to attend the course, but he or she would not be certificated until he or she reached the age of 16.

To achieve the qualification, you should also provide evidence of:

- successful attendance of a three-hour child protection workshop (‘Safeguarding and Protecting Children’ or equivalent)
- successful attendance of a three-hour (minimum) emergency life support course (St John Ambulance or equivalent).

How will I be assessed?

The assessment will be in two parts: a written exam and a practical task, which will take place on day two of the course programme.

The written 40-minute exam is based on the content of the technical resource, workbooks 1–5, the ETTA Child Protection Policy and Guidelines and the ETTA Disability Awareness Manual, which you will need to revise before day two of the course.

For the practical exam, you will need to deliver a 15-minute pre-planned session to a small group of other learning coaches on the course. You will then have an opportunity to self-review your session, followed by a 15-minute interview with an assessor.

What support can I expect?

You will receive feedback and evaluation from your tutor and fellow learning coaches during the course. Coach mentoring will also be provided to support you in your preparation for assessment and the completion of home study and coaching tasks.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coach and able to assist more-qualified coaches in delivering coaching activities to players of all ages, normally under direct supervision. Following the course, Level 1 coaches may work independently, only using UKCC National Source Group-developed resources. However, it is advised that coaches work alongside other, more-experienced coaches wherever possible.

What could I do next?

Regular workshops for Level 1 coaches are held at a regional level; please contact your regional development officer for details, or check the coaching section of the ETTA website.

www.etta.co.uk/coaching
TENNIS
The Level 1 Certificate in Coaching Tennis is an introduction to tennis coaching, aimed at learning coaches who are enthusiastic about tennis and want to become involved in delivering mini-tennis coaching sessions.

The Level 1 course is 100% court-based, and all activities within the course take place either on court or at court side.

The course programme will teach you how to:

- motivate and inspire others to play tennis
- use effective verbal and non-verbal communication skills
- organise tennis activities constructively and safely
- plan and deliver a structured lesson using Lawn Tennis Association (LTA) Level 1 coaching assistant resources
- have basic knowledge of tactics, techniques and rules of tennis
- have a full understanding of the structure of mini-tennis.

How is the course structured?
The tutor-delivered element of the course programme is three days, which is made up of two consecutive days followed by a 3–6-week break. During this time, you will need to complete a portfolio of evidence and a minimum of three hours’ coaching assistant experience with an LTA-licensed coach mentor; this is someone you can work with and gain examples of good practice and coaching techniques. Day three of the course programme will be a final, one-day assessment.

Please note that you will be required to organise your coaching assistant experience before the course starts.

What are the pre-course requirements?
To be eligible to attend the course, you must:

- be at least 16 years of age on the first day of the course
- have an active interest and involvement in tennis
- provide evidence of a satisfactory enhanced LTA Criminal Records Bureau disclosure within the last 12 months.

How will I be assessed?
In order to achieve the qualification, you will be assessed in three areas: on-court practical coaching assessment, using course materials; your portfolio of evidence; and a written paper.

You must also attend all the course sessions at the same venue and pass each element of assessment to successfully achieve the qualification.

What support can I expect?
You will receive constant feedback and guidance during the course. As mentioned, you will also be required to complete a minimum of three hours’ coaching assistant experience with an LTA-licensed coach mentor, during the 3–6 week break.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach and able to assist an LTA-licensed coach with groups of mini-tennis players.

What could I do next?
As a Level 1 coach, you can become registered with the LTA. This is a basic level of accreditation for coaches and coaching assistants.

www.lta.org.uk
TRIATHLON
The Level 1 Certificate in Coaching Triathlon is the entry coaching award for triathlon, aimed at people new to coaching and/or the sport of triathlon.

The course is very interactive and involves group discussion and presentations. Most importantly, a large aspect of the course is made up of practical coaching experience throughout all three disciplines: swim, bike and run.

Throughout the course, you will be introduced to the fundamental skills of coaching (ie how to build rapport, demonstrate and explain) and apply these to the technical skill development components of triathlon.

How is the course structured?
The tutor-delivered element of the course programme is three days, with approximately 2–3 weeks in between, totalling 33 hours of guided and self-directed study. This equates to approximately 22 hours’ study time with your tutor and 11 hours of home study.

During the 2–3-week break, you will also be expected to find a coaching placement where you can practise your coaching in a supported environment. However, British Triathlon will endeavour to provide support, if this is not possible. The placement will be an opportunity for you to plan, deliver and evaluate your coaching activities and generate assessment evidence for the qualification.

What are the pre-course requirements?
To be eligible to attend the course, you must:

• be a minimum of 16 years of age
• be enthusiastic about getting people active and involved in triathlon at grass-roots level
• hold an appropriate level of coaching insurance that provides at least the same level of cover as that of Triathlon England membership. If you are not a current member, you can join online.

How will I be assessed?
In order to achieve the qualification, you will be assessed via a 15-minute practical coaching session on day three of the course, a one-hour exam on day three, and a selection of assessed group and home study activities.

What support can I expect?
You will be supported by British Triathlon tutors and assessors during your coaching placement.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach and able to assist more-qualified coaches in delivering aspects of coaching sessions under their direct supervision.

What could I do next?
British Triathlon encourages qualified Level 1 coaches to keep up to date with the latest developments in sports science, nutrition and coaching principles and practices. This includes programmes offered by sports coach UK, British Association of Sport and Exercise Sciences (BASES) and British Triathlon.

As a Level 1 coach, you may be able to secure paid or voluntary work as an assistant coach within a triathlon club, local authority leisure centre or health and fitness establishment. Qualified Level 1 coaches may also to progress to a Level 2 qualification.

www.britishtriathlon.org
VOLLEYBALL
The Level 1 Certificate in Coaching Volleyball is suitable for anyone new to coaching, who has some knowledge of the game and would like to learn how to apply this in a coaching environment.

The course will provide you with an introduction to the practical and theoretical aspects of coaching volleyball. The foundation level of knowledge recognised in this qualification will enable you to begin to develop an understanding of safe, ethical and effective coaching.

How is the course structured?
The course is made up of 32 learning hours, of which 22 hours are tutor-delivered sessions split over three days. The course includes opportunities for coaching practice both on- and off-course.

There will be a minimum of seven days between the second and final days of the course in order for you to practise coaching before the observed assessment on day three.

What are the pre-course requirements?
To be eligible to attend the course, you must:
• be over 16 years of age
• have a basic understanding of the game.

How will I be assessed?
In order to achieve the qualification, you will need to:
• complete all aspects of the course to a satisfactory standard
• complete a portfolio and learning tasks
• complete a written theory test
• deliver a practical coaching session to small group.

What support can I expect?
You will be mentored by your tutor during the course.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified as a Level 1 coach and able to assist a more qualified coach, working with beginners of all ages.

What could I do next?
As a Level 1 coach, you may seek employment as an accredited assistant volleyball coach in various settings. A UKCC Level 2 qualification is currently under development.

www.volleyballengland.org
FURTHER INFORMATION
At the time of publication, 30 September 2010, the information in this document is correct. However, as the programmes that are UKCC endorsed have a strong emphasis on continuous improvement, the information is constantly changing. The relevant governing body of sport will be able to advise of any changes to the programme.

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For general information about coaching, please visit the sports coach UK website: www.sportscoachuk.org
Mission Statement

sports coach UK is dedicated to guiding the development and implementation of a coaching system, recognised as a world leader, for all coaches at every level in the UK.

We will work with our partners to achieve this, by promoting:

- professional and ethical values
- inclusive and equitable practice
- agreed national standards of competence as a benchmark at all levels
- a regulated and licensed structure
- recognition, value and appropriate funding and reward
- a culture and structure of innovation, constant renewal and continuous professional development (CPD).
An Introduction to the FUNdamentals of Movement

If you want to help children to master the fundamental techniques of movement in a fun and progressive way – from stability to rhythm and from acceleration to jumping and kicking – then this workshop’s definitely for you!

You’ll come away with an understanding of the concepts of agility, balance and coordination, as well as appreciating the importance of play, fun and enjoyment in sport.

Safeguarding and Protecting Children

This workshop will help you to recognise and respond appropriately to issues of child abuse and protection. It will also give you the best-practice tools you need to ensure you’re providing a positive and enriching sporting experience for children.

Positive Behaviour Management in Sport

If you work with young people in a school or club environment, this workshop’s for you! You’ll get a much better handle on young people’s behaviour – plus you’ll find out just how your behaviour impacts on them. From there on in, you’ll learn how to create a positive coaching environment and have all the strategies you need to help you deal with challenging behaviour.

Whatever level you coach, sports coach UK has a workshop for you.
To find the next one near you, go to the workshop finder at www.sportscoachuk.org/workshops.php