



Reflection on and in Learning

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Welcome to the fourth edition of the *Applied Coaching Research Journal*. It is a pleasure to be able to share with you another collection of peer-reviewed articles from a wide range of organisations and institutions, which could have a significant impact on the industry.

Any coach development programme must be clearly connected to the context and requirements of the coach. The requirement to better understand individual needs and how best these can be met is crucial; therefore, the link between competency developmental systems and subsequent ownership of the development journey definitely needs exploring further.

This edition takes a closer look at coach education and development, encompassing talent identification, reflective practice and coach diversity.

First up we have Mark Scott who investigates how coaches can use reflection-in-action to develop their coaching craft. Different types of reflection are discussed, and how using these different types of reflection at different times can help grow our ways of knowing.

The second article by Professor Kevin Till and Simon Bell takes a look at something which could change the way a lot of sports view talent identification. Specifically, this research looks at how talent ID can be used for later maturing players, something which the Leeds Rhinos rugby league team have benefited from. This new approach could open the door for so many more players across a range of sports who mature at a different rate to their peers.

The art of reflection can be a key driver in improving as a coach – this is a skill that requires time, commitment and repetition in order to be successful, so in this edition, we have two articles covering the subject. In the second reflection article, Pete Vallance casts his critical eye over the role of reflective practice in the development of sports coaches.

Dr Alex Twitchen and Professor Ben Oakley take a closer look at the subject of coach learning and development in the UK. The article will give you an insight into the change in thinking that is currently underway, where the focus is moving away from coach 'education'. They will also make recommendations to ensure we continue working on – and rethinking – a coach learning and development system that embraces a more diverse workforce.

And finally, we have a Q&A with Hannah Bussey, Chair of the Insight Peer Networking Group, which was conducted by Clare Freer. The highlights include how the group is tackling key issues in coaching, including diversity in coaching, participant retention, the coach/participant relationship and the coach education offer.

We hope you enjoy reading this edition of the journal and learn something from the research we have highlighted. If you would like to get involved in future editions please get in touch with a member of the team. I would also like to take this opportunity to remind you to register your interest on the UK Coaching website for the third Applied Coaching Research Conference taking place in 2020.