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sports coach UK will ensure that it has professional and ethical values and that all its practices are inclusive and equitable.
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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.

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 many sports developing a successful coach education system through improving their coaching awards, coach educator workforce, quality of learning programmes and resources. The UKCC is not a qualification in its own right, but the endorsement of a governing body coach education programme in its entirety.

There are currently 27 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 by an appropriately skilled workforce and with high quality learning resources. 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.
With a Level 1 qualification detailed in this guide, you will usually be qualified to work with a higher-qualified coach or receive support from other coaches.

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.

**Qualification structure**

The majority of sports currently offer a blended learning course where the theory and coaching practice are together on the course in the context of the chosen sport. All Level 1 qualifications accredited on to the Qualification and Credit Framework (QCF) consist of four common units: Fundamentals; Planning; Conducting; and Evaluating Coaching Activities and three sport-specific units: Planning; Conducting; and Evaluating Coaching Activities in ‘the chosen sport’.

**Recognised prior learning**

Recognition of prior learning (RPL) is defined as:

*A method of assessment that considers whether a learner can demonstrate that they can meet the assessment requirements for a unit through knowledge, understanding or skills they already possess and do not need to develop through a course of learning.*

Recognised prior learning may be applicable to learners who already hold a QCF Level 1 coaching qualification (in another sport) or qualified PE teachers. If you have previous coaching experience, you should discuss this with the governing body of sport to ascertain which level of qualification and method of achieving it is appropriate to you.

The sports explain the assessment process in their section, and it is supported through a portfolio of written tasks and short on-course practical assessment. If you have any special needs (e.g., dyslexia, a hearing impairment or physical difficulties), you are asked to declare these on registration in order for the course tutors to arrange appropriate individual support for individual learners.

**Home nations**

Many sports offer the same UKCC-endorsed qualification across the home countries, which are often accredited on to the appropriate framework – the QCF in England, Wales and Northern Ireland and the Scottish Credit and Qualifications Framework (SCQF) in Scotland.

Some sports in Northern Ireland offer coach awards on the QCF and some are part of the All Ireland Qualifications, which are not UKCC endorsed. If you wish to access coaching awards in the home nations, you should visit the website of the relevant governing body of your chosen sport.

**What should I do next?**

When you have looked at all of the options available, please have a look on the governing body web link provided for the most up-to-date information, including the cost. 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 point of production, July 2012, 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 and the cost.

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 seven units:

four knowledge units:

• Understanding the Principles of:
  – the Fundamentals of Coaching
  – Planning Coaching Activities
  – Conducting Coaching Activities
  – Evaluating Coaching Activities

three angling units:

• Planning Coaching Activities in Angling
• Conducting Coaching Activities in Angling
• Evaluating Coaching Activities in 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
• have some experience of angling in either coarse, sea or game angling and be able to evidence knowledge of safe handling, unhooking and returning fish. This evidence will be assessed by the course administrator.

It is strongly recommended that you have:

• appropriate insurance cover before undertaking any independent coaching practice

• a governing body Coach Licence to Practise one you have successfully met all the assessment requirements for the qualification.

How will I be assessed?

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

What support can I expect?

During the course, you will receive support from your coach educators. 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 Award 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.

How do I book on to a course and obtain further information?

www.anglingtrust.net
ARCHERY
Level 1 Award in Coaching Archery (QCF)
Awarding organisation: 1st4sport Qualifications

The 1st4sport Level 1 Award in Coaching Archery (QCF) is designed to provide new coaches with the skills and knowledge to help beginners develop, have fun and gain confidence.

The course of training will provide you with an introduction to coaching recurve archery to beginners, and aims to develop your knowledge of how to coach as well as what to coach.

How is the course structured?
The course is made up of three days’ of 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 day one 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 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 asked 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 to deliver individual archery sessions using the resources provided with 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 delivers a Level 2 coaching certificate for coaches wishing to progress to the next stage of coaching.

How do I book on to a course and obtain further information?
www.archerygb.org
**Level 1 Award in Coaching Badminton (QCF)**
**Awarding organisation: 1st4sport Qualifications**

The 1st4sport Level 1 Award in Coaching Badminton (QCF) is the first step on the BADMINTON England coaching pathway.

The course 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 course will cover 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
- 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.

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**How is the course structured?**

The course is very interactive and involves group discussion, presentations and application of the theory in the practical context. You will practice delivery with help of educators and coaching cards.

The course is three days in length. The first two days cover the tutoring aspect, and the third day is the assessment day.

**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
- have some experience of playing the game and be able to participate in a short rally
- be able to demonstrate knowledge and understanding of what is required when playing the game and the technicalities required when participating in a short rally.

**How will I be assessed?**

There will be ongoing assessment throughout the course, as well as an assessment day. Prior to the assessment day, you will be given the opportunity to prepare a 15-minute coaching activity that aims to develop one of the strokes learnt on the course.

**What support can I expect?**

During the course, you will have many opportunities to practise and receive feedback on your coaching skills. You will also receive an action plan for future development after the final assessment.

**What will I be qualified to do?**

The course will qualify you to assist a coach with a higher qualification working.

As a Level 1 coach, you will also be permitted to independently deliver and organize badminton activities, such as Bisi (when no technical coaching takes place).

**What could I do next?**

It is envisaged that you will take the opportunity to develop your knowledge, understanding and practical skills by volunteering or gaining employment as a coaching assistant to an appropriately qualified coach. You could also progress on to the Level 2 qualification once you have sufficient experience of coaching.

**How do I book on to a course and obtain further information?**

www.badmintonengland.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 16 years of age or older
- have previous experience of playing basketball or be able to demonstrate knowledge and understanding of the theory and practice of playing basketball.

Note: You will require appropriate insurance cover before undertaking any independent coaching practice. If you are working with children, you will be required ‘by an employer’ to have been positively vetted by the Criminal Records Bureau (CRB).

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 internally 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.

How do I book on to a course and obtain further information?

www.englandbasketball.co.uk
Level 1 Award in Coaching Paddlesport
Awarding organisation: British Canoe Union

The Level 1 Award in Coaching Paddlesport may be your first step on the paddlesport coaching pathway. The qualification will introduce you to the fundamentals of good coaching practice and help you to understand and coach technical and tactical aspects of the sport.

The course will develop skills in ‘how to coach’ as well as provide a technical understanding of ‘what to coach’, specifically relating to the skills beginners to paddlesport require. The course will cover how to:

- prepare coaching activities, taking into account participants’ needs and motives
- establish a safe working environment
- deliver prepared coaching activities
- establish working relationships with participants and others
- prepare participants for the coaching activities
- support participants’ behaviour
- conclude the activities
- evaluate the effectiveness of coaching activities
- evaluate the effectiveness of personal coaching practice
- manage effective and appropriate bank- and water-based rescues.

A range of coaching tips and tricks, games and activities will be built into the course, along with time spent developing your technical/tactical understanding.

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 a range of 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 and written tasks and tutor questioning.

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?
After successful completion of the Level 1 qualification, you can progress to the British Canoe Union (BCU) UKCC Level 2.

Coaches will be required, over a three-year period, to complete a coach update programme.

How do I book on to a course and obtain further information?
www.bcu.org.uk
How is the course structured?
The course consists of four three-hour modules and a final assessment. The modules included on the course 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?
Prior to registration, you must:

- be at least 16 year of age.

How will I be assessed?
The assessment will take place over one day. At the start of the assessment day, you will be asked to complete a short multiple-choice questionnaire. Once this has been completed, you will deliver a 15-minute coaching session to between six and eight peer group coaches followed by a debrief with an assessor where the coaching session is discussed in light of the UKCC1 competency criterion.

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 as an aid to learning, alongside a course DVD and supplementary resources. The course programme is designed to be a learning experience, and there are many opportunities to develop coaching skills in a supportive environment during the length of the course.

What will I be qualified to do?
The course will qualify you to assist more qualified coaches, 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, you are able to progress either to further UKCC qualifications or England and Wales Cricket Board (ECB) continuous development courses. It is usually recommended that you obtain a place upon the ECB Training Methods Workshop before you look to progress to UKCC Level 2.

How do I book on to a course and obtain further information?
www.ecb.co.uk
How is the course structured?
You will be required to complete seven hours of work prior to attending the course (including the induction pack and a first-aid course, if you do not already have a valid first-aid certificate). The course itself is two days, with approximately four weeks between the two days to allow time for home study, written assessments and to observe coaching practice.

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 HSE-approved emergency first-aid certificate or equivalent
• have an appropriate level of coaching insurance that provides at least 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 learners are encouraged to obtain a British Cycling coaching licence. If you intend to coach riders under the age of 18 or vulnerable adults, this will include the completion of an enhanced Criminal Records Bureau check conducted through British Cycling.

How will I be assessed?
The assessment will include preparing, delivering and reviewing a 15-minute Go-Ride session as well as preparing an additional two one-hour sessions that are based on specified case studies. You will also complete a written assignment comprising short-answer questions and an online ‘Keeping Children Safe in Sport’ programme, including multiple-choice assessment.

What support can I expect?
You are encouraged to observe a coach at work between days one and two and will be supported throughout the course.

What will I be qualified to do?
The Award qualifies you to independently prepare for, deliver and review pre-prepared coaching sessions to groups of adults or children, including activities from the British Cycling Go-Ride Gears 1 and 2 Coaching Workbook.

What could I do next?
Upon successful completion of the course, and as a British Cycling licensed coach, you will have access to a list of benefits that include:

• £5 million professional indemnity insurance for your coaching activities
• access to free coaching and technical support
• delivery of activities from the British Cycling Go-Ride Gears 1 and 2 Coaching Workbook
• access to legal, insurance and other benefits provided by British Cycling membership.

British Cycling also has a network of Go-Ride clubs that deliver structured coaching activities using British Cycling-licensed coaches. You are encouraged to contact your local Go-Ride club.

Level 1 coaches are encouraged to gain experience and then consider taking the Level 2 Certificate in Coaching Cycling.

How do I book on to a course and obtain further information?
www.britishcycling.org.uk
EQUESTRIAN
Level 1 Award in Coaching Equestrian (QCF)  
British Equestrian Federation

The qualification is made up of one compulsory unit from a choice of the following specialisms:

- equestrian riding pathways
  - generic riding
  - horseball
  - polocrosse
  - western riding
  - mounted games
- equestrian vaulting
- equestrian driving
- equestrian driving for the disabled.

How is the course structured?

The course is held over two days offering a minimum of 12 hours’ contact time, within which there are guided assessment tasks and an individual practical assessment plus time to complete a portfolio. Course total recommends up to 60 hours.

The course is run over a minimum period of three weeks to allow for coaching practice between delivery sessions, to prepare for the practical assessment activity and to complete 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 and 16 before you can become registered with the awarding organisations. Access to the course is at the discretion of the member body.

You are expected to show a strong interest in equestrian sport, leadership and the coaching process. 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.

The following must also be completed:

- successful completion of a recognised first-aid certificate.

How will I be assessed?

You will be required to undertake two assessments, one of which will take place on the course (within the two days) and a second assessment on another date.

What support can I expect?

You will be mentored and supported by course tutors and selected mentors in the three weeks during the course.

What will I be qualified to do?

The course will qualify you to become an assistant. Holders of this qualification are only able to coach under direct supervision.

What could I do next?

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

How do I book on to a course and obtain further information?

www.bef.co.uk
FOOTBALL
How is the course structured?
The course will introduce some theoretical key aspects in the following:

• player and coach development
• The FA’s Respect Programme
• Laws of the Game
• An introduction to the FA’s long-term Player Development Model
• an introduction to Football for All.

The course will also provide (as separately organized workshops) the following for you:

• FA Emergency Aid
• FA Safeguarding Children in Football.

Details are available on application.

Practical involvement:

You will be encouraged to participate practically to maximize your opportunities for learning.
(Inability to participate will not prevent successful completion of the Award.)

From the start of the course, there is a total of 12 months for completion.

You will undertake a minimum of 30 hours, which will include the complete learning programme and final assessment.

What are the pre-course requirements?
Prior to certification, you must:

• be at least 16 years of age.
• hold as a minimum a current Emergency First Aid Certificate
• have attended the FA Safeguarding Children workshop (learners under the age of 18 years are eligible to complete the FA Child Protection Distance Learning Module ‘Safeguarding Children in Football – A Guide’ as an alternative to the workshop.

How will I be assessed?
You will have the opportunity to undertake one observed practical coaching session with your tutor during the learning programme and receive feedback based on selected criteria.

The final assessment process will involve the successful completion of all portfolio tasks, completion of the prerequisites and the assessed practical delivery of a 20-minute practical coaching activity relating to the course syllabus.

What support can I expect?
The course will provide learners with a detailed learning portfolio, Coaching Handbook, Grass Roots Administration Handbook, Learn the Laws CD, an Introduction to Coaching and Coaching Players – a new approach DVDs.

You will also be supported throughout the learning programme on portfolio task completion and feedback on your final coaching session.

What will I be qualified to do?
Upon successful completion of the Award you will have the underpinning skills to help work in grass-roots football, which may include junior teams, after-school clubs and coaching children and young people normally under the supervision of a level 2 or higher qualified football coach.

What could I do next?
You are advised to liaise with your tutor and utilize the FA learning website for further details of a large number of courses and resources. There is also a coaching pathway available in the Level 1 Coaching Handbook.

How do I book on to a course and obtain further information?
www.thefa.com/my-football/more/countyfa
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 with a British Gymnastics (BG) coaching qualification (Level 2 or above) who will be able to support you in delivering coaching practice.

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?

The assessment methods for this qualification include the completion of a logbook and observation of your practical coaching. Your coach educator will help you to understand how to complete your logbook, the different sorts of evidence that are appropriate and acceptable, and what the programme of assessment will be.

What support can I expect?

Learning and assessment takes into account individual learning and assessment needs/styles and reasonable adjustments can be made accordingly. Completion of the logbook is the direct responsibility of you, the learner. Along the way, your coach educator(s) and club mentor(s) will assist you with the completion of the tasks in your logbook. Additionally, BG has developed a number of learning resources, which provide further information to help you throughout the qualification.

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 a gymnastics coaching session 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.

How do I book on to a course and obtain further information?

www.british-gymnastics.org
How is the course structured?

The course is very interactive and involves group discussion, presentations and application of the theory in the practical context. You will practise delivery with the help of educators and coaching cards.

The course length is a minimum of 17 hours’ contact time.

What are the pre-course requirements?

- 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.
- It is compulsory for you to have completed the England Hockey Board online Safeguarding and Good Practice Course set in the hockey context.

How will I be assessed?

You will be required to complete a learner pack on the course. For your practical assessment, you will be required to plan and deliver a 15-minute session.

What support can I expect?

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

What will I be qualified to do?

The course will result in you becoming an accredited Level 1 coaching assistant, providing all criteria are met at the end of the course.

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 learners will take the opportunity to develop their knowledge, understanding and practical skills by volunteering or gaining employment as a coaching assistant in a club, school or in a junior Development Centre as part of the single system programme.

How do I book on to a course and obtain further information?

www.englandhockey.co.uk/take-part/coaching/find_a_course
Level 1 Award in Coaching Indoor Rowing (QCF)
Awarding organisation: 1st4sport Qualifications

The 1st4sport Level 1 Award in Coaching Indoor Rowing (QCF) covers an introduction to technique as well as rowing for health and success. The Award will qualify you to deliver coaching activities, and coach the skills and techniques of indoor rowing to adults and children. The course is open to anybody who wants to improve their knowledge and skills for coaching indoor rowing and is suitable for coaches in fitness, schools and rowing club environments.

How is the course structured?
The Level 1 course consists of two days (15 hours) of face-to-face tutoring and internal assessments.

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.

Once qualified you are advised to:
• be or become a British Rowing member; non-members can apply online for instant membership (England and Wales)
• be a registered British Rowing website user; a current Scottish Amateur Rowing Association (SARA) member; a current member of a SARA club, and resident in Scotland, or be a British Rowing member (Scotland only).

How will I be assessed?
The qualification is assessed in an appropriate coaching environment (eg with a specific population group). That is usually done in the gym setting.

You will be assessed on your ability to assess risk in your 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 each other
• logging within a course workbook the parts of a rowing machine and 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 knowledge paper.

What support can I expect?
The course tutor will be available for the duration of the course and will be contactable afterwards if you have any further queries. You will have access to RowHow online learning tools.

There is the opportunity to practise throughout the course and prior to assessment.

What will I be qualified to do?
You will be able to understand how to effectively assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.

What could I do next?
By completing this qualification, you may progress to the 1st4sport Level 2 Certificate in Coaching Indoor Rowing (QCF) or the Level 2 Certificate in Coaching Rowing (QCF), which is a water-based rowing qualification.

British Rowing has an extensive range of continuing professional development workshops that are run regionally, along with a bi-annual coaching conference, that you could attend.

How do I book on to a course and obtain further information?
www.britishrowing.org
JUDO
How is the course structured?

The Level 1 programme consists of a three-hour Friday evening induction, followed by the subsequent Saturday and Sunday. It also includes guidance on the assessment process and personal action planning process, before a period of extended study and logged coaching practice prior to the final assessment day.

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 prerequisite is in place in relation to judo grade in order to ensure the desired minimum technical competence of learners is maintained.

How will I be assessed?

The majority of the assessment will take place on the final day of the course. The assessment will include some written tasks, and you must plan, deliver and evaluate four coaching sessions that must be witnessed by another coach (perhaps from your club) prior to your final assessment.

On the assessment day, you will be required to deliver and evaluate one of the 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 your further development.

What will I be qualified to do?

The 1st4sport Level 1 Award in Coaching Judo (QCF) will qualify you as an assistant coach and enable you to deliver supervised sessions under the guidance of a more experienced coach.

What could I do next?

The course can be used as a stepping stone to the Level 2 Certificate in Coaching Judo. You may be able to gain paid or voluntary employment as an assistant judo coach.

How do I book on to a course and obtain further information?

www.britishjudo.org.uk
LACROSSE
How is the course structured?
The course is run over three separate occasions. You must attend all modules and will need to practise your coaching in between sessions.

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

• be 15 years old at registration and 16 years old to be certificated at Level 1.

The Level 1 course is suitable for all people with or without lacrosse experience.

How will I be assessed?
If you attend the course, you will be required to complete a learner pack and will have to provide evidence of coaching three sessions. For your practical assessment, you will be required to plan, deliver and evaluate a 15-minute session on a particular skill from the Lacrosse Activity Cards or the Level 1 Coaching Manual.

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

What will I be qualified to do?
The course will result in you becoming a Level 1 coaching assistant. This is the minimum qualification for those who are involved in lacrosse 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 learners will take the opportunity to develop their knowledge, understanding and practical skills by volunteering or gaining employment as a coaching assistant in a club or school situation.

If you demonstrate sound competence, are recommended by your assessor and have the aptitude to coach at the next level in all aspects, you are encouraged to undertake the Level 2 Certificate in Coaching Lacrosse.

How do I book on to a course and obtain further information?
www.englishlacrosse.co.uk or call Karen Gamble on 0843-658 5006.
How is the course structured?

Three days’ attendance at the course is required, and the course runs from 9am to 6pm for all three days. There is also some pre-course work to do, and you will be required to carry out some coaching practice between days two and three.

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 course will include assessments that are practical and a written portfolio of tasks.

The aim of assessment with the qualification is to assess your competency as you develop your skills. These will be at different stages along your course, according to your individual ability and readiness. Assessment can be retaken if necessary.

The assessment will include completion of some written tasks. You will also be required to 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 the tutor. You will also have the chance to practise and plan for your assessment before day three of the course. Throughout the course, you can email coaching@englandnetball.co.uk for additional support.

What will I be qualified to do?

As a Level 1 coach, you will be qualified to assist more-qualified coaches and deliver some aspects of the coaching sessions, under supervision.

What could I do next?

You could use the 1st4sport Level 1 Award in Coaching Netball (QCF) to gain paid or voluntary employment as an assistant netball coach. You could also progress on to the Level 2 Certificate in Coaching Netball.

How do I book on to a course and obtain further information?

www.englandnetball.co.uk
How is the course structured?
The qualification is covered over three days, the first two of which are mainly training with some assessment, while the third is mainly assessment. The format of the three-day course is determined by the course coach educator and can be of any combination, usually this will be a two-day weekend, followed by another weekend day.

The Award is also offered as an apprenticeship, with tutoring taking place over a more extended period. Anyone interested in this form of learning should speak with British Orienteering.

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

- be at least 16 years of age
- demonstrate the ability to navigate in an area; this may be via a practical skills assessment or through evidence of competing at an orienteering event.

How will I be assessed?
You will be assessed on the course 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
- one 20-minute practical coaching session on day three of the course; you will be given a topic for your practical assessment before day three to enable you to plan and prepare.

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

What will I be qualified to do?
Level 1 coaches in most other UKCC-endorsed sports are assistant coaches and cannot work alone. Orienteering has included elements of safety and risk assessment in the course to enable coaches to work safely within the remit of the British Orienteering Safety Guidelines. Restrictions are placed on Level 1 coaches, and they can only coach unsupervised in private ‘safe’ areas such as school or outdoor centre grounds, local areas and small woods and must use the supplied coaching cards to determine the activities.

What could I do next?
You could progress on to the Level 2 Certificate in Coaching Orienteering.

How do I book on to a course and obtain further information?
www.britishorienteering.org.uk
ROUNDERS

© Rounders England
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 1st4sport Level 1 Award in Coaching Rounders (QCF) 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?
Following a period of practice, you may choose to develop your skills by participating in continuing professional development (CPD) opportunities offered within rounders and other coaching-related organisations. You may choose to attend the Level 2 UKCC Certificate in Coaching Rounders (QCF). As a Level 1 coach, you may be able to use the qualification to gain either paid or voluntary employment as an assistant coach.

How do I book on to a course and obtain further information?
www.roundersengland.co.uk
**Level 1 Award in Coaching Rugby League (QCF)**

**Awarding organisation: 1st4sport Qualifications**

The 1st4sport Level 1 Award in Coaching Rugby League (QCF) is designed for adults (over 16 years of age) who are looking for an introduction to working with groups of children, 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. You do not have to have rugby league experience, and this course is suitable for parents, players or students in further and higher education studying a sport-related qualification.

The course will help to develop your understanding of:

- how to prepare and deliver effective rugby league coaching sessions from session cards
- how to review your performance as a coach and seek further development opportunities
- safety and ethics in rugby league.

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**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.

**How will I be assessed?**

In order to achieve the qualification, you must:

- attend all of the course hours/days
- successfully complete the practical coaching sessions on the course, which will involve planning delivery and review of your coaching sessions
- complete the tasks in your learner pack.

**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. The Level 1 rugby league qualification is regarded as the minimum standard qualification for coaches working in the modified game. 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.

**How do I book on to a course and obtain further information?**

[www.therfl.co.uk](http://www.therfl.co.uk)
RUGBY UNION
Level 1 Award in Coaching Rugby Union (QCF)
Awarding organisation: 1st4sport Qualifications

The 1st4sport Level 1 Award in Coaching Rugby Union (QCF) 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 children under 12. It offers an opportunity for aspiring rugby union coaches to be supported in developing their knowledge of how to effectively introduce the game, its core values and core skills to children.

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
• 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.

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 the XV a side game if appropriate, 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.

How do I book on to a course and obtain further information?
www.rfu.com
SHINTY
How is the course structured?

The course operates as a two-day central course, home study tasks plus an evening club/school visit. The course is primarily practical, and you will be given a number of opportunities to coach (fellow coaches and your own players) and develop your coaching throughout the course.

UKCC Level 1 sits at Level 1 of the National Qualifications Framework. It is linked to the Sport and Recreation National Occupational Standards (NOS). The NOS for Sport and Recreation have been developed by people from the industry with a vast range of knowledge and experience. The standards provide a benchmark of good practice for coaches, teachers and instructors. Successful learners will be awarded SCQF Level 4 Sports Coaching – Shinty by the SQA and will also receive an electronic certificate from the Camanachd Association endorsed by UKCC. The Camanachd Association is the world governing body for shinty, and the SQA qualification endorsed by UKCC is the officially recognised qualification.

What are the pre-course requirements?

To be eligible to attend the course, you must:

- be 16 years of age or over
- provide evidence of having completed the Foundation Coaching Certificate in Shinty or have appropriate shinty experience/knowledge.

How will I be assessed?

Assessment is competency-based, allowing you to be continually assessed. You will receive support and action planning throughout the course. There is also an open-book test. You will complete, with the assistance of your tutor, a portfolio (record) to support all the work you undertake during the course. Included in the portfolio will be assessments of your coaching carried out by fully qualified assessors.

You will have the opportunity to plan, deliver and review two 10-minute coaching sessions on the course and one 20-minute session at your own club/school. You will be able to participate in the practical sessions delivered by other learners if you are comfortable doing so.

What support can I expect?

You will be supported through the full course and beyond by Camanachd Association tutors and coach mentors.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified to coach players under some direction, for example from a head coach or coaching coordinator.

What could I do next?

A range of continuing professional development opportunities are available for you to develop your skills. Workshops and courses help to extend knowledge and understanding so you can provide your players with the best learning environment possible.

You can also progress to the UKCC Level 2 Certificate in Coaching Shinty.

How do I book on to a course and obtain further information?

Please contact the Coaching and Performance Manager at the Camanachd Association on 01463-715 931 or go online to www.shinty.com
SQUASH
**Level 1 Award in Coaching Squash (QCF)**
**Awarding organisation: 1st4sport Qualifications**

The 1st4sport Level 1 Award in Coaching Squash (QCF) 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
- have valid and recognised evidence of safeguarding and protecting children and vulnerable adults training or equivalent.

**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.

**How do I book on to a course and obtain further information?**

www.englandsquashandracketball.com
Level 1 Award in Coaching Swimming, Diving, Water Polo or Synchronised Swimming (QCF)  
Amateur Swimming Association (ASA)

The ASA Level 1 Award in Coaching Swimming, Diving, Water Polo or Synchronised Swimming (QCF) is a UKCC-endorsed coaching qualification and is ideal for those individuals new to coaching or seeking to get involved in a new sport.

This qualification offers a practical learning programme involving a blend of group discussion, presentations and, most importantly, practical experience of coaching children and adults within your chosen discipline. During the learning programme, you will be introduced to the safe and ethical principles for coaching while learning the fundamental skills of how to plan, conduct and evaluate sessions. Achievement of this qualification will allow you to actively support a more qualified coach (Level 2/3) in your chosen discipline.

How is the course structured?
The ASA Level 1 Award is traditionally a five-day course, often run intensively over a week, equating to approximately 32 hours’ contact time with your tutor/assessor. However, delivery of the qualification is flexible and will vary between ASA Approved Centres.

What are the pre-course requirements?
In order to attend the course, you must:
• be 16 years of age

How will I be assessed?
In your chosen discipline, your understanding of coaching, and your ability to plan, conduct and evaluate coaching sessions, will be assessed throughout the learning programme. There are a variety of ways you can be assessed, and the methods chosen will be determined by your tutor/assessor. You may, for example, be asked to demonstrate your competence through a professional discussion between you and your assessor or group work, provide a portfolio of written evidence, a selection of session plans or a reflective diary. You will have a practical assessment where an assessor will observe your delivery of a number of coaching sessions.

What support can I expect?
You will receive support directly from your tutor/assessor. You will also receive online support if completing your qualification through the Institute of Swimming (IoS).

What will I be qualified to do?
By the end of this qualification, you will be able to assist a more qualified coach in the delivery of a pre-prepared coaching session.

What could I do next?
You will be directed to complete continual professional development either online or by attending further events. You will also be encouraged to complete your Level 2 qualification. This qualification may enable you to secure paid or voluntary work as a support coach in a club, leisure centre, school, hotel or gym.

How do I book on to a course and gain further information?
www.swimming.org/asa/teaching-and-coaching/learner-information/
SWIMMING
How is the course structured?

The ASA Level 1 Award is traditionally a five-day course, often run intensively over a week, equating to approximately 32 hours’ contact time with your tutor/assessor. However, delivery of the qualification is flexible and will vary between ASA Approved Centres.

What are the pre-course requirements?

To be eligible to attend the course, you must:
• be a minimum of 16 years of age.

How will I be assessed?

Your understanding of coaching, and your ability to plan, conduct and evaluate teaching sessions, will be assessed throughout the learning programme. There are a variety of ways you can be assessed, and the methods chosen will be determined by your tutor/assessor. You may, for example, be asked to demonstrate your competence through a professional discussion between you and your assessor or group work, provide a portfolio of written evidence, a selection of session plans or a reflective diary. You will have a practical assessment where an assessor will observe your delivery of a number of teaching sessions.

What support can I expect?

You will receive support directly from your tutor/assessor. You will also receive online support if completing your qualification through the Institute of Swimming (IoS).

What will I be qualified to do?

By the end of this qualification, you will be able to assist a more qualified Level 2 teacher in the delivery of a pre-prepared teaching session.

What could I do next?

You will be directed to complete continual professional development either online or by attending further events. You will also be encouraged to complete your Level 2 qualification. This qualification may enable you to secure paid or voluntary work as a support coach in a club, leisure centre, school, hotel or gym.

How do I book on to a course and obtain further information?

www.swimming.org/asa/teaching-and-coaching/learner-information/
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 on the first day of the course, to achieve certification.

You should have some knowledge and/or experience of playing table tennis prior to registration.

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) recognised emergency first aid course (St John Ambulance or equivalent).

How will I be assessed?
The assessment will be achieved by completion of various course and home study written tasks and then the completion of one practical task, which will take place on day two of the course programme.

For the practical exam, you will need to deliver a 15-minute pre-planned session to a small group of other learners 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 learners during the course. Coach mentoring is also available but is not provided by ETTA. It is expected that you will seek mentoring support from an appropriate coach within your club. The mentor should be able 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 coach for details, or check the coaching section of the ETTA website. ETTA will also provide access to online resources via a virtual learning environment and online database; from this, you will be able to manage your coaching career. You could also progress on to the 1st4sport Level 2 Certificate in Coaching Table Tennis.

How do I book on to a course and obtain further information?
www.etta.co.uk/coaching
TENNIS
Level 1 Award in Coaching Tennis (QCF)
Awarding organisation: 1st4sport Qualifications

The 1st4sport Level 1 Award in Coaching Tennis (QCF) is an introduction to tennis coaching, aimed at learners who are enthusiastic about tennis and want to become involved in delivering LTA Mini Tennis, sponsored by Highland Spring, 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 LTA 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 or have a letter of deployment from the club you will be working with; this can be obtained from the course providers.

How will I be assessed?

In order to achieve the qualification, you will be assessed in two areas: on-court practical coaching assessment, using course materials; and your portfolio of evidence. You must also attend all the course sessions at the same venue and pass each element of assessment.

What support can I expect?

You will receive feedback and guidance during the course. As mentioned, you will be required to complete a minimum of three hours’ coaching assistant experience with an LTA-licensed coach mentor, during the break.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified as a Level 1 coaching assistant and able to assist an LTA-licensed coach with groups of LTA 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. You could also progress to take the Level 2 Coaching Assistant qualification, which will qualify you to work with groups of beginners on your own.

How do I book on to a course and obtain further information?

http://www.lta.org.uk/Coaches-coaching-assistants/Coach-education-structure/Level-1---Coaching-Assistant/
TRIATHLON
How is the course structured?
The 1st4sport Level 1 Award in Coaching Triathlon (QCF) is a three-day course with approximately 2–3 weeks between weekends, totalling 33 hours of guided and self-directed study. This equates to approximately 22 hours’ contact time with your tutor and 11 hours of home study.

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

• be a minimum of 16 years of age.
• It is strongly recommended that you have appropriate insurance cover before undertaking any independent coaching practice. The British Triathlon Federation can provide insurance cover: www.triathlonengland.org and click on ‘membership’.

How will I be assessed?
There will be one 15-minute assessed practical coaching session on the last day of the course, a 45-minute exam on day three, under standard examination conditions, and a selection of group and home study portfolio-based activities.

What support can I expect?
Support is offered directly by British Triathlon coach education staff.

You will be expected to identify a coaching placement (normally a club environment) where you will be in a position to practice your coaching in a supportive way. This will be an opportunity to plan, deliver and evaluate your coaching activities and generate assessment evidence for the qualification.

What will I be qualified to do?
Upon successful completion of the course, you will be able to assist more qualified coaches, delivering aspects of coaching sessions, normally their direct supervision.

What could I do next?
British Triathlon encourages qualified coaches to keep up to date with the latest developments in coaching practice and triathlon technical developments. This includes programmes offered by sports coach UK and British Triathlon.

This qualification may enable you to secure paid or voluntary work as an assistant coach within a triathlon club, local authority leisure centre or health and fitness establishment. On successful completion of Level 1, you are able to progress to Level 2.

How do I book on to a course and obtain further information?
www.britishtriathlon.org
VOLLEYBALL
Level 1 Award in Coaching Volleyball (QCF)
Awarding organisation: 1st4sport Qualifications

The 1st4sport Level 1 Award in Coaching Volleyball (QCF) course is suitable for those who are new to coaching, but have some knowledge of the game and would like to learn how to apply that 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?
There are 32 learning hours, 22 of which are split over three days. This includes guided learning hours, both on and off-course coaching practice opportunities.

A minimum of seven days have to have elapsed before attending the final day of the course in order to ensure practice time 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.

What will I be qualified to do?
Upon successful completion of the course, you will be qualified to assist a more qualified coach, working with school beginner/junior club player and senior beginner/social/club players in the lower levels of a local league.

What support can I expect?
You will be guided on course by your tutor.

What could I do next?
Having completed this course you may seek employment as an assistant volleyball coach in various settings. You may also wish to progress to the UKCC Level 2 Certificate in Coaching Volleyball.

How will I be assessed?
The assessment will require you to:

• complete all aspects of the course to a satisfactory standard
• complete a portfolio and assessed written tasks
• complete a written theory test
• deliver a practical coaching session to a small group.

How do I book on to a course and obtain further information?
www.volleyballengland.org
How is the course structured?

The course is made up of two days of training followed by a practical assessment on day three. You will be required to take part in a minimum of two hours’ supported practice (ie coaching in a wrestling club away from the course) between the first day of training and the final assessment.

What are the pre-course requirements?

To be eligible to attend the course, you must:

• be 16 years of age prior to certification
• have attended or have knowledge/experience of the British Wrestling Association’s white and yellow awards workshops.

Please note, to be an accredited Level 1 coach, you must complete a Criminal Records Bureau disclosure and hold an emergency first aid certificate.

How will I be assessed?

You will be asked to complete 10 portfolio tasks, which include on- and off-course tasks. These tasks include written, online and practical coaching tasks. On day three, you will be given the opportunity to prepare and deliver a 15-minute coaching session.

What support can I expect?

During the course, you will receive continual feedback during practical coaching sessions and an action plan for further development after your practical assessment. You will also receive assistance with online tasks if you do not have up to date computer skills.

What will I be qualified to do?

Upon successful completion of the course, you will be qualified to assist more experienced and qualified coaches in their wrestling club.

What could I do next?

You will be encouraged to gain coaching experience and take part in the opportunities to maintain and progress your skills under the supervision of a Level 2 coach. You could proceed to the Level 2 Certificate in Coaching Wrestling (QCF).

How do I book on to a course and obtain further information?

www.britishwrestling.org
At the time of publication, 23 July 2012, 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
Our Vision

What we would like to see

UK coaching excellence enabling all children, players and athletes to follow their dreams, have fun and fulfil their potential.

Our Mission

Why we exist

To support our UK partners to recruit, develop and retain coaches to achieve their participation and performance goals (in the context of The UK Coaching Framework).

Our Strategic Objectives

What we will do

To achieve our mission, we will:

1. champion and drive policy and investment in coaching

2. support and challenge our partners to improve their coaching systems and grow their contribution to a cohesive UK coaching system

3. provide products and services that add value to our partners’ coaching systems and their coaches

4. provide research and share good practice that will benefit coaching

5. develop quality leadership, good governance and a skilled team to ensure an effective UK coaching agency.
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

For information about sports coach UK, and further support and training available, contact:
sports coach UK
Chelsea Close
Armley
Leeds LS12 4HP
Tel: 0113-274 4802 Fax: 0113-231 9606
Email: coaching@sportscoachuk.org

www.sportscoachuk.org

For details of around 1000 sports education and training titles, contact:
1st4sport.com
Chelsea Close
Armley
Leeds LS12 4HP
Tel: 0113-201 5555 Fax: 0113-231 9606
Email: enquiries@1st4sport.com

www.1st4sport.com