

Community Coaching General Principles Curriculum Overview

Module	Learning Outcomes	Content	Delivery	Assessment
1. Snapshot of a good coach	At the end of this module: <i>'I know what I need to do to meet the needs of those I coach'.</i> The primary aim of the module is to provide a snapshot of a good coach including roles and responsibilities and the coaching pathway.	<ul style="list-style-type: none"> • What does a coach do? • What does a coach need to know? • How should a coach behave? • Where can coaches go for more information? 	Online Worksheets Play by The Rules Group discussion Presentation Videos	Online Worksheets Practical coaching task Questioning Group discussion
2. Preparing to Coach	At the end of this module: <i>'I will be able to prepare a session plan'.</i> The primary aim of the module is to develop planning skills to put together a session plan to meet participants' needs and achieve desired goals.	<ul style="list-style-type: none"> • Why does a coach need to plan? • What are the participants' needs? • What do I want to achieve? • What should a coach's plan include? • What are the different coaching approaches I can use? • How can I keep everyone safe? 	Online Worksheets Group discussion Presentation Video Practical	Online Session Plan Worksheets Practical coaching task
3. Working with others	At the end of this module: <i>'I will be able to communicate effectively to build positive relationships with participants and others involved in physical activity and sport'.</i> The primary aim of the module is to provide a range of communication and basic conflict resolution techniques relevant to the coaching environment.	<ul style="list-style-type: none"> • What communication skills do coaches need? • How do I choose the right style? • How do I deal with issues and problems that might arise? 	Online Worksheets Role Play Case studies / Scenarios Group discussion Practical	Online Practical Worksheets Role Play
4. Coach in Action	At the end of this module: <i>'I will be able to safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activities'.</i> The primary aim of this module is to provide knowledge of a range of organisation, communication, risk and behaviour management strategies that enable coaches to help participants learn basic skills and techniques.	<ul style="list-style-type: none"> • What do I need to organise? • How do I choose the right coaching approach? • How do I minimise risks? • How can I enhance learning? • How do I make it fun? • How do I deal with misbehaviour? • How can I be a better coach? 	Online Practical Role Play Case studies / Scenarios Group discussion	Online Practical coaching task Case Study / Scenario Role Play

Competency Statements

At the completion of this training program (four modules), the coach will be able to:

1. Explain the role, legal obligations and ethical responsibilities of a community coach.
2. Identify sport or activity specific risks and principles of risk management related to coaching.
3. Prepare a coaching session plan.
4. Select coaching methods and activities appropriate to participant needs and characteristics.
5. Safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activities.
6. Utilise a range of communication skills and behaviour management strategies to help participants learn basic skills and tactics.
7. Develop strategies to build effective working relationships with parents, officials and sports administrators.
8. Review coaching sessions and own performance to identify improvements.

RELATIONSHIP TO SIS10 V3.1

While there is some overlapping aspects of each unit of competence in each module, predominantly:

- Module 1 would cover the unit SISSSCO101 Develop and update knowledge of coaching practices
- Modules 2 & 4 would cover SISSSCO202 Coach beginner or novice participants to develop fundamental motor skills
- Module 3 would cover SISSSDE201 Communicate effectively with others in a sport environment

Collectively if someone completed all four modules plus the required assessment tasks they could meet the requirements for the proposed Community Coach Skill Set.