



COMMUNITY LEVEL Coaches & Officials Stream Training Programme Overview

The Oceania Sport Education Programme (OSEP) is a joint initiative of the Australian Sports Commission, the Oceania National Olympic Committee and the Organisations of Sports Federations of Oceania to support the development of sport education in the Pacific region.

The OSEP comprises a number of training programmes that have been specifically designed to provide a regional approach to sport education by developing flexible, relevant, modern curricula and training support resources in the areas of coaching, officiating, administration and assessor/presenter training.

The OSEP offers the following training programmes:

1. Community Coach & Official and Sport in Communities Administrator
2. Competition Coach and Management in Sporting Organisations
3. Advanced Sport Management Course
4. Assessor and Presenter Training, Educator and Master Educator courses.

COMMUNITY COACH & OFFICIAL

The Community Coach & Official Training Programme is a training programme specifically targeted at beginner coaches and officials to equip them with the necessary skills to plan, prepare, run and review effective coaching sessions in sports for which they possess some level of technical knowledge and skills. It will also develop skills in managing training and competition environments as an official.

OSEP Community Coach/Official is two days in duration and is delivered in a face-to-face practical environment by trained local presenters. It consists of three modules:

1. Fundamentals of a community coach and official
 - a. Being a good community coach and official
 - The need for good coaching and officiating
 - The benefits of sport for the local community
 - Roles and responsibilities of a community coach and official
 - Characteristics of a good community coach and official
 - b. Being a good communicator and group organiser
 - The need for good communication and management skills

2. Safety first
 - a. Reasonable care
 - b. Getting enough water
 - c. Handling potential risks
3. The community coach/official in action
 - a. The components of fitness
 - b. The games-based approach
 - c. Planning games-based activities
 - d. Planning warm ups and cool downs
 - e. Running games-based activities

Upon successful completion of the Community Coach & Official Training Programme, participants will be able to:

- promote the positive life balance aspects of Pacific people's involvement in sport
- organise safe, fun coaching activities suitable to the Pacific environment
- plan and prepare an appropriate training session relevant to a sport
- use a range of communication and teaching strategies to help athletes learn basic skills and tactics
- safely conduct a game-based activity session, ensuring fun and maximum participation through games and activities for all participants
- evaluate coaching and officiating sessions and make the required improvements to better meet participant needs
- effectively manage safe competition environments as an official.

Talk to an OSEP Educator in your National Federation, National Olympic Committee or an OSEP Training Provider for further details.