

DEVELOPMENT LEVEL COACHING Pathway Development Coach 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 Organisation 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 Coaches Stream offers three levels of training programs:

1. Community Coach & Official
2. Development Coach and Community Strength & Conditioning Coach
3. Development Strength & Conditioning Coach

DEVELOPMENT COACH

The Development Coach training programme will provide coaches with the skills needed to coach individuals and teams in communities, schools, sport clubs and higher levels in the National Federations that do not currently have their own accreditation coaching courses. This course is suitable for those coaching at the community, school, sport clubs who do not have a recognised certificate or those interested in pursuing a career in sport coaching in the Pacific.

The OSEP Development Coach training programme will take approximately 24 hours to complete. It consists of six modules:

1. Coaching Styles and Coaching Process
 - a. Ethics of coaching
 - b. Code of conduct
 - c. Coaching philosophies
 - d. Styles of coaching
 - e. Approaches to coaching
 - f. Coaching process
 - g. Coach in action 1
2. Planning and Delivery
 - a. Planning a training programme
 - b. Periodisation
 - c. Delivery of training session
3. Safety in Coaching
 - a. Safety
 - b. Athlete welfare
 - c. Hydration
 - d. Functional role of water carrier
 - e. Nutritional plan
 - f. Hygiene standards
 - g. Risk assessment
 - h. Injury prevention
 - i. Coach in action 2
4. Functional roles, Key factors, Selection and Laws
 - a. Functional roles
 - b. Passages of play
 - c. Skills and techniques requirement
 - d. Coaching session design
 - e. Selection criteria design
 - f. Laws and rules
 - g. Coach in action 3
5. Coaching using principles
 - a. Principles of sport

- b. Concept of key factors
- c. Coach in action 4
6. Long Term Athlete Development
 - a. Overview of Long-Term Development Pathway
 - b. Key principles of Long-Term Development Pathway
 - c. 6 Stages of Long-Term Athlete Development
 - d. Key factors
 - e. Fundamental skills
 - f. Developmental age
 - g. Mental, cognitive and emotional development
 - h. Coaching in action 5

Upon successful completion of the Development Coach training programme, the participants will be able to:

Plan and prepare

- Identify the physical, psychological and skill development needs of the athletes being coached
- Prepare a weekly and monthly training plan appropriate to the needs of the athletes being coached
- Plan & prepare safe training sessions that complement the monthly plan
- Apply basic sports science knowledge to the fitness development needs of athletes

Implement

- Organize and conduct safe activities and training sessions to develop and challenge individual athletes and groups physically, technically and tactically.

Monitor/review

- Analyse athlete performance and provide appropriate technical and tactical corrections
- Respond to unforeseen circumstances in training and competition, and modify activities appropriately

Evaluate

- Evaluate achievement of the objectives of athletes and themselves as coaches
- Identify an action plan to change ineffective coaching behaviors

Adapt

- Analyze and implement appropriate modification to a monthly plan
- Adapt training plans based on results and player feedback
- Change ineffective coaching behaviors

Pre course requirements

- Completed OSEP CC&O or equivalent National Federation course
- Be actively coaching athlete or team and nominated by National Federation
- Over 18 years of age
- Submit 6 coaching session plans you have prepared for your athlete or team

Post course requirements

- Develop a Coaching Diary within 6 months of attending a Development Coach training program. It should include 12 session plans (over 6 weeks period), Athletes bio data, Athletes attendance (over 6 weeks), National Federation LTAD and Coaching Philosophy.