



# COMPETITION LEVEL STRENGTH & CONDITIONING COACHING Pathway Development Strength & Conditioning 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 programs 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 Strength & Conditioning Coaches Stream offers two levels of training programs:

1. Community Strength & Conditioning Coach
2. Development Strength & Conditioning Coach

## DEVELOPMENT STRENGTH & CONDITIONING COACH

The Development Strength & Conditioning Coach training programme will build on the knowledge and skills gained from the Community S&C course, improve integration of technical and strength and conditioning coaches, and raise awareness of key strength and conditioning knowledge and application to further develop as an strength and conditioning coach.

OSEP Development Strength & Conditioning Coach training programme will take approximately 40 hours to complete. It consists of eight modules:

1. Coaching to perform
  - a. How to coach
  - b. What is a coaching philosophy
  - c. Coaching using philosophies
  - d. Types, styles and approaches to coaching
2. Long-term athlete development (LTAD)
  - a. Understanding LTAD
  - b. 10 key factors that influence LTAD
3. Periodisation (performance training plan)
  - a. Steps in producing a periodisation plan
  - b. Relationship between volume, intensity and recovery
  - c. Training objectives
  - d. Managing training loads
  - e. Nutrition and hydration
4. Functional screening and corrective exercises
  - a. Functional screening approach
  - b. Scoring system
  - c. Range of motion
  - d. Corrective exercises (Anatomical adaptations)
5. Speed training
  - a. Elements of speed
  - b. Movement efficiency
  - c. Planning and coaching a speed session
6. Strength training
  - a. Types of strength
  - b. Stability
  - c. Maximal Strength
  - d. Power training
  - e. Strength Endurance
  - f. Hypertrophy/general strength
7. Sport specific conditioning
  - a. Energy systems
  - b. Types of conditioning

- c. Specific conditioning
  - d. General conditioning
  - e. Integrated conditioning
8. Performance testing
    - a. Testing principles
    - b. Performance tests

Upon successful completion of the Development Strength & Conditioning Coach training program, the participants will be able to:

### Assess

- assess athletes using functional screening and performance testing.

### Analyze

- analyze the demands of the sport relative to the athlete and the level of competition.

### Create & synthesize

- create and synthesise overall periodised training plans (performance training plan with macro, meso, and micro cycles) for athletes or teams relative to their individual physical and performance needs and
- create and synthesise specific session plans based on the above overall Performance Training Plan for various physical and sporting needs.

### Evaluate

- evaluate coaches' ability to screen and test athletes
- evaluate understand the demands of the sport
- evaluate planning, coach delivery, and review of specific sessions
- evaluate technical knowledge and application of movements for various exercises and
- evaluate the planning of periodised plans.

### Feedback and review

- review coaches' feedback and review skills to athletes during and after sessions.

### Pre-course requirements

- completed OSEP Community S&C coach training or equivalent
- prepare a practical coaching session;
- provide a sample 4 weeks meso cycle periodisation program;
- be actively coaching athlete or team and nominated by National Federation; and
- over 18 years of age.

### Post course requirements

- functional movement screen testing with results
- written session plans for strength, speed and sport specific conditioning
- videos for speed, strength and sport specific conditioning.
- periodized plans showing macro-, meso-, and micro-cycles and loading
- performance testing batteries and results
- 20 hours supervised coaching and
- 10 hours unsupervised coaching.
- feedback assessment.