

CLC002

COMMUNITY COACH AND OFFICIAL COURSE

A Community Level Course in the Coaching Pathway



The Oceania Sport Education Programme (OSEP) is an initiative of the Oceania National Olympic Committee. It is designed to develop sport education in the Pacific region with National Olympic Committees, Regional Sports Federations in Oceania and their member national Federations.

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. The programme underwent an external, independent evaluation which involved several layers of stakeholder consultations, compilation of findings, recommendations, validation with stakeholders before moving into a new strategy and direction. At its core, the courses remain the same.

The courses are in five streams targeting community, development and national level sport volunteers and paid professionals:

1. Administration
2. Coaching
3. Strength and Conditioning Coaching
4. Trainer
5. Team management

COMMUNITY COACH AND OFFICIAL

The Community Coach & Official Training Programme is 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.

PROGRAMMES	ADMINISTRATION (A)	COACHING (C)	STRENGTH & CONDITIONING (S)	TEAM MANAGEMENT (M)	TRAINER (T)
COMMUNITY LEVEL (CL)	CLA001 Sports in Communities Administrator	CLC001 Community Beach Volleyball Coach CLC002 Community Coach and Official Coach			CLT001 Presenter CLT002 Assessor CLT003 Educator
DEVELOPMENT LEVEL (DL)	DLA001 Management in Sporting Organisation	DLC001 Development Coach	DLS001 Community Strength and Conditioning Coach DLS002 Development Strength and Conditioning Coach		DLT001 Master Educator
NATIONAL LEVEL (NL)	NLA001 Building Better Management – eOSEP NLA002 Advanced Sport Management			NLM001 National Team Manager	NLT001 Regional Master Educator NLT002 Mentor

PREREQUISITES

None

LEARNING OUTCOMES

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

DURATION

OSEP Community Coach/Official is two days in duration and is delivered in a face-to-face practical environment by trained local presenters.

MODULES

It consists of three modules:

1. Fundamentals of a community coach and official

- 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
- 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

FURTHER INFORMATION

Please talk to an Officer responsible for OSEP in your National Olympic Committee or an OSEP Training Provider for **further details**.