

DLC001

DEVELOPMENT COACH COURSE

A Development 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

This course is at Development Level.

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 or those interested in pursuing a career in sport coaching in the Pacific.

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			CLT001 Presenter
		CLC002 Community Coach and Official Coach			CLT002 Assessor
					CLT003 Educator
DEVELOPMENT LEVEL (DL)	DLA001 Management in Sporting Organisation	DLC001 Development Coach	DLS001 Community Strength and Conditioning Coach		DLT001 Master Educator
			DLS002 Development Strength and Conditioning Coach		
NATIONAL LEVEL (NL)	NLA001 Building Better Management – eOSEP			NLM001 National Team Manager	NLT001 Regional Master Educator
	NLA002 Advanced Sport Management				NLT002 Mentor

LEARNING OUTCOMES

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

PREREQUISITES

- 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

DURATION

The OSEP Development Coach training programme will take approximately 24 hours face to face and another 24 hours at your own pace to complete.

MODULES

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

POST-COURSE REQUIREMENTS

1. Develop a Coaching Diary within 6 months of attending a Development Coach training program comprising of the following:
 - a. 12 session plans (over 6 weeks period)
 - b. Athletes bio data
 - c. Athletes attendance (over 6 weeks)
 - d. National Federation LTAD
 - e. Coaching Philosophy.

FURTHER INFORMATION

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