



SHOOTING AUSTRALIA

CLUB COACH – Coach Workbook

2021



Version 2 2022

Version	Author	Purpose	Approved by	Date
1	SA Coaching Reference Group	Club Coach Workbook Assessment		January 2022

General Information

Course Provider

Shooting Australia

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Authorisation of Shooting Australia

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SA President

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SA CEO

The Coaching objectives of Shooting Australia include:

- Facilitate and support implementation of practices that will enhance accessibility to coach education and development
- Partner with disciplines to provide quality coach education programs
- Provide a quality assurance framework through annual review of coach education materials and processes
- Endorse accreditation of coaches where all requirements have been met and provide appropriate recognition of endorsement
- Maintain accurate records of all accredited coaches
- Facilitate opportunities to share best practice between the disciplines
- Facilitate the delivery of Coach Development Workshops in collaboration with Member Organisations



ASSESSMENT – Club Coach Workbook

Coaches will be required to complete the following questions in writing or if appropriate, verbally in discussion during the Club Coach program

MODULE 1 – THE ROLE OF THE COACH

1. Briefly outline the role of the coach at club level, as you see it

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2. Note four of the desired attributes of the successful Club Level Coach

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3. What aspects of “Duty of Care” are most relevant to the shooting coach

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4. Your shooter is having trouble with maintaining their position throughout the shoot. List two examples of good open questions that you could use, to get on the path to a resolution

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5. Rules & Firearms Safety Quiz Completed YES / NO



6. Help conduct a “Simple Range Audit” and list any issues that could require attention

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7. Select the three statements that coaches can do to enhance learning

- a) Provide clear instructions / demonstration and encourage the participants into the activity
- b) Progress the activity to the next step as quickly as possible to avoid the better ones getting bored
- c) Constantly talk to the participants
- d) Evaluate where the activity is meeting the session objective
- e) Give the participants homework to study the rules and tactics
- f) Allow adequate time for the participants to practise, while observing and supervising

MODULE 2 – PREPARE TO COACH

1. Prepare a written single training session for a nominated club shooter

Completed YES / NO

2. Briefly describe your favourite training activities

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3. Briefly List your favourite source of coach information

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4. When setting goals, you need to ensure they are:

- a) Realistic and achievable
- b) Specific
- c) Measurable
- d) All of the above

5. You are coaching a group of teenagers who are becoming more interested in socialising than shooting. Which of the following strategies would you use to keep them involved in your shooting sport?

- a) Identify the one that is most disruptive and ask him/her to leave
- b) Verbally promote the health and fitness benefits of engaging in the sport
- c) Ensure there are opportunities for socialising included within the overall sport program
- d) Create a fun competitive atmosphere within the group, with incentives to strive

6. A range of coaching approaches and philosophies are used by coaches. Which of the following statements best describe your thoughts on coaching and be prepared to say why.

- a) Different coaching approaches are appropriate for various situations and participants.
Coaches may need to use a mix of approaches to achieve the outcome they are seeking.
- b) Coaches should not use different coaching approaches in the same session
- c) Coaches should stick with the one coaching approach, as it can be confusing for the coach if they have to modify and adapt to participants needs.
- d) Coaches should only alter their coaching approach if they have talented participants

MODULE 3 – THE COACH IN ACTION

1. Outline the key elements of an effective learning process

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2. Deliver the prepared training session for a nominated club shooter

Completed YES / NO



3. Briefly describe what you can do to provide a safe and positive environment for your shooters

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4. What are your thoughts on the promotion of a physical program for shooters? Is it appropriate for the club shooter?

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5. Coaches use a range of coaching styles. Which of the following statements best describes how a coach can adapt their coaching style?

- a) Different coaching styles are appropriate for certain situation and participants. Coaches may need to use alternative styles for different circumstances
- b) Coaches should stick with the one coaching style, as it can be confusing for the participants if the coach alters their coaching style
- c) Coaches should only alter their coaching style if they are encountering behavioural problems with the participants

MODULE 4 – REVIEW COACHING SESSIONS

1. Outline the process for effectively reviewing / evaluating athlete coaching sessions

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2. Briefly describe two of the most successful “self reflection” methods that you could utilise when personally evaluating your coaching session/s

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3. You are coaching Colin. He is 38 year old, and has been late for the past two planned shooting/coaching sessions. He arrives late again for this session. You feel it's time to say something about this. What do you say? And how do you say it?

- a) Tell him politely, but firmly, that it is inconvenient (and perhaps rude) to turn up late all the time, and that you expect him to be on time
- b) Let him know that it is annoying when he doesn't take training seriously and turns up late
- c) Tell him you've noticed that he's been a bit late on a few occasions, and check with him if there are any difficulties or reasons why he's having problems arriving on time

4. What would be the best two ways to evaluate your Coaching performance

Read an article on coaching, and compare yourself to the author.

Keep a Diary to help you identify your strengths and weaknesses.

Monitor your performance by asking the opinion of your athletes.

Track your athlete's performance scores.

Take a video of your coaching session, view it and highlight areas for possible improvement.

Be used as a demonstration tool to assist you in your coaching sessions.

Ask other coaches to watch you coach, and offer comment.

***End of document
Thanks for being part of coaching***