

# Coaching Program - Club Coach COACH ASSESSMENT 1

NAME .....



# Assessment 1. AISL Club Coach Assessment - Observation

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

SUBURB \_\_\_\_\_ POST CODE \_\_\_\_\_

CLUB \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Coaches will need to satisfy the performance criteria listed below on at least 2 occasions. This will be assessed through observations at club coaching sessions, practice sessions and/or competition day.

The person assessing the participant will need to initial and date when he/she is satisfied that the participants performance has met the standard expected of a Club Coach. Where this is not the case the box will be left blank until that particular aspect is demonstrated to a satisfactory standard.

## **Module 1: The Coach**

<b>Unit 2: Communication</b>	
<b>Learning outcome:</b> Demonstrate effective communication with others.	
<b>Performance criteria</b>	Demonstrated
Communicate effectively with athletes	
Communicate effectively with club personnel/parents/guests	
Give praise and encouragement to athletes	
Demonstrate effective listening and questioning skills	
Inclusive of all athletes (gender, disability, age, skill level)	
<b>Unit 3: Firearms &amp; Safety</b>	
<b>Learning outcome:</b> Apply safe practices in the coaching of athletes.	
<b>Performance criteria</b>	Demonstrated
Demonstrate safe firearms practices	
Demonstrate correct range procedures and commands	

## **Module 2: Prepare to Coach**

<b>Unit 1: Planning to Coach.</b>	
<b>Learning outcome:</b> Prepare coaching sessions for club level athletes.	
<b>Performance criteria</b>	Demonstrated
Prepare basic coaching session for a nominated club athlete	
<b>Unit 2: Utilising Resources</b>	
<b>Learning outcome:</b> Maximise use of resources specifically related to the coaching of shooting.	
<b>Performance criteria</b>	Demonstrated
Arrange resources for coaching/training sessions with athletes	

## **Module 3: The Coach in Action**

<b>Unit 1:</b>	<b>Coaching athletes</b>	
<b>Learning outcome:</b>	Conduct inclusive structured coaching sessions to club athletes using a variety of presentation methods.	
<b>Performance criteria</b>	<b>Demonstrated</b>	
Provide a safe and positive learning environment for a range of athletes (eg person with a disability)		
Conduct coaching/training sessions to teach basic skills for athletes at a club level using a variety of presentation methods including: <ul style="list-style-type: none"> <li>○ Interactive</li> <li>○ Demonstration</li> <li>○ Use of questioning</li> </ul>		
Delivery of a training session for a nominated athlete at a club level		
Demonstrate use of resources in coaching athletes		
<b>Unit 2:</b>	<b>Shooting Technique</b>	
<b>Learning outcome:</b>	Teach correct basic technical shooting skills & techniques.	
<b>Performance criteria</b>	<b>Demonstrated</b>	
Teach correct basic technical skills & techniques		
Facilitate effective feedback to athletes		
<b>Unit 3:</b>	<b>Developing the Athletes</b>	
<b>Learning outcome:</b>	Provide the athletes with information and a range of basic physical activities to assist with their development.	
<b>Performance criteria</b>	<b>Demonstrated</b>	
Include physical conditioning activities, stretching and physical preparation, in a training session (in the warming up, main and cool down parts of the training session) for a club level shooter.		
<b>Unit 4:</b>	<b>Assessing Athletes</b>	
<b>Learning outcomes:</b>	<ol style="list-style-type: none"> <li>1. Undertake an assessment of club level athletes.</li> <li>2. Provide feedback to athletes and recommend actions for improvement.</li> </ol>	
<b>Performance criteria</b>	<b>Demonstrated</b>	
Assess suitability of equipment for athletes		
Assess performance of athletes		
Identify correct fundamental elements of shooting technique and be able to recommend improvements to aid development		
Facilitate feedback to athletes		

## **Module 4      Review Coaching**

<b>Unit : 1</b>	<b>Review Coaching Sessions</b>	
<b>Learning outcomes:</b>	1. Undertake a review/evaluation of coaching sessions. 2. Modify future coaching sessions based on feedback.	
<b>Performance criteria</b>	<b>Demonstrated</b>	
Receive, discuss and respond to feedback on coaching performance from athletes and others		
Modify sessions (if required) based on feedback from athletes and others		

**Please note:** Candidates must be rated as competent in all areas to successfully complete this assessment task of the program.

NCAS REGISTRATION FEE PAID

YES / NO

Course Coordinator \_\_\_\_\_ Date \_\_\_\_\_