

COMPETENCY STATEMENTS AND ASSESSMENT

Foundation Coaching Course

Competencies	
1	Role of The Coach (60 minutes) - Theory
a	Identify the roles and responsibilities of the coach
b	Understand the social development considerations for why children play sport
c	Describe the communication model and process in the context of coaching.
d	Develop communication strategies with children, teachers, parents and schools
2	Risk Management (60 minutes) - Theory
a	Understand what risk assessment is and why it is important
b	Describe the 3 steps of risk assessment
c	Identify and implement good coaching practices to reduce risk
d	Develop a risk management plan
e	Describe the safety framework for schools' sports coaches
b	Implement immediate first aid to a player using strategies of STOP
d	Prevent further injuries using the principles of RICER and NO HARM
3	Junior Player Development (80 minutes)
a	Understand the physical and social development of junior players and the role of KidzNet
b	Developing sports skills: Stages of learning
c	Fltt and Posner's 3 Stages of Cognitive Development
d	Understand physical literacy and its implications towards development of an athlete
e	Understand the factors that influence learning: Physical, Physiological, Motor Learning, Cognitive
f	Selecting and designing training activities
g	Understand the benefits of using a game sense approach
h	Understand the importance of effective group management skills to maximise opportunities for successful participation
i	Understand how coaching works with children
4	Programme Planning (60 minutes)
a	Identify the elements of a training session
b	Understand the planning and review process
c	Utilise effective communication techniques to develop player understanding of the basic skills of netball
5	Safe Teaching of Netball Skills (180 minutes) – Practical (Theory integrated through the session)
a	Understand how to safely teach the basic skills of netball: ball handling, footwork/movement skills, attacking skills, defending skills, goal shooting skills
b	Identify skill faults and correct technique for the basic skills of netball
c	Understand the coaching implications of the basic rules of netball
6	Basic Court Strategies (30 minutes) – Practical (Theory integrated through the session)
a	Understand the basic application of a variety of through court strategies
b	Understand the basic application of a variety of through centre pass strategies
7	Sports Development System (30 minutes) - Workbook
a	Netball Singapore Coaching Pathway, NROC and NCAP

b	Identify the layers of the sports development continuum
c	Name key organisations and their programme (local and international)

Course overview and assessment tasks (7.5 hours)

Unit	Unit Topic	Nominal Duration	Unit Delivery	Assesment			
				Skill Planning activity	Practical Coaching Task	Discussion Group	Workbook
1	Role of the Coach	60 minutes	Theory			✓	✓
2	Risk Management	60 minutes	Theory			✓	✓
3	Junior Player Development	80 minutes	Theory/ Practical			✓	✓
4	Program Planning	60 minutes	Theory	✓		✓	✓
5	Safe Teaching of Netball Skills	160 minutes	Practical		✓	✓	
6	Court Strategies	30 minutes	Practical		✓	✓	
7	Sports Development System	30 MInutes	Theory			✓	✓