Sports Coaching Programme - Wednesday Programme

North Herts Education Support Centre

This programme showcases fun and engaging activities which junior coaches could deliver themselves in sessions, along with creating their own by working with other participants. The programme also covers what a 'good' coach looks like, allowing participants to identify their own positive attributes.

You'll learn a wide range of coaching skills, including drills, team building exercises, motivation, first aid, safeguarding and the fundamentals of a range of sports resulting in a Junior Coach Award

Week	Typical activities
1 2	Week 1-2: Introduction to Coaching ***Theory:*** *Understanding the role of a coach / Basic principles of coaching / Communication skills / Setting goals and objectives* ***Practical:*** *Ice-breaker activities / Team-building exercises / Observation of a coaching session*
3 4	Week 3-4: Coaching Techniques **Theory:** *Different coaching styles / Motivational techniques / Planning and organising training sessions* *Safety and risk management* **Practical:** *Conducting warm-up and cool-down sessions / Drills for skill development / Simulated coaching scenarios*
5 6	Week 5-6: Sport-Specific Skills **Theory:** *Fundamentals of various sports (e.g., soccer, basketball, athletics) / Sport-specific rules and regulations / Techniques for teaching sport-specific skills* **Practical:** *Sport-specific drills and exercises / Small-sided games / Peer coaching sessions*
7	Week 7: First Aid Awareness Training **Theory:** *Importance of first aid in sports / Basic first aid procedures (e.g., CPR, treating minor injuries) /* *Emergency response plans* **Practical:** *Demonstration of first aid techniques / Role-playing emergency scenarios / Practicing CPR and other first aid skills*
8 9	Week 8-9: Physical Conditioning **Theory:** *Importance of physical fitness / Components of fitness (strength, endurance, flexibility) Designing fitness programs* **Practical:** *Fitness assessments / Circuit training / Flexibility and stretching routines*
10	Week 10: Safeguarding in Coaching Sports **Theory:** *Understanding safeguarding and child protection / Recognising signs of abuse and neglect/ Reporting procedures and responsibilities* **Practical:** *Case studies and discussions / Role-playing safeguarding scenarios / Developing a safeguarding policy*
11 12	Week 11-12: Review and Assessment **Theory:** *Reviewing key concepts and skills / Self-assessment and reflection / Setting future coaching goals* **Practical:** *Final coaching session / Peer and instructor feedback / Awarding certificates of completion*

You will receive a portfolio of your activities and achievements. The portfolio could be used to qualify for your Duke of Edinburgh bronze award skills sector and will be useful to talk about at college interviews.