



## Online Coach Education Program

The course will run for 5 weeks with a maximum 2 Hours per week Starting with Bronze Moving into Silver Finishing with Gold

**Bronze** - This part of the program will look at the Principles of Coaching The first basic for coaching is to realize that each person is different, and they will require some individual attention and approach in regard to feedback and coaching. The Long-Term Athlete Development (**LTAD**) model is a physiological framework proposed to manage the focus, volume and type of training applied to athletes as they develop through adolescence into adulthood. There remain a number of question marks against the foundations of LTAD, though it provides a sound framework for sporting development.

Course outline - Principles of Coaching, Long Term Athlete Development, Fundamental of movement, Fundamental movement skill, Fundamental sports skills.

**Silver** - Looks at the Long-Term Development. This is a multi-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity. Long-Term Development is a multi-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity. Fundamental Movement Skills deepens teachers' understandings of how to effectively assess, plan, and teach physical activity, with details on how to break down each skill for assessment and teaching purposes.

Developing the widest array of robust fundamental movement skills can be shown to impact on many of the most important factors in sport today

Course outline - Long Term Athlete Development Planning, Fundamental movement skill Planning, Fundamental sports skills Planning.

**Gold** - As a trainer, you know what you are supposed to impart to your trainees but it is by having a session plan that you get a clear vision of how YOU want your session to go. It serves as your guideline of which topics you will and can discuss and what activities are needed. Feedback should be based on observed, factual, specific work-related behaviours, actions, statements, results, and working relationships. Effective feedback helps the trainer sustain good performance, develop new skills, and improve performance when necessary.

Course outline - Using a session plan, Session Planning, Observation, Observation Feedback, Recap

## Add on Courses

Introduction to Mental Health

Stress Management

Changing Mindset

Understanding Depression

Understanding Anxiety

Understanding PTSD

Promoting Positive Behaviour

Children's Development

How sports affect's Mental Health

How Art affects Mental Health

Mentoring Opportunities

And MORE