

UKCC Level 1 Coaching Course



Sporting Club
Highburn, Cramlington
Northumberland, NE23 6BN

Day 1	Saturday	15th May 2010	9.00am - 6.00pm
Day 2	Sunday	16th May 2010	9.00am - 6.00pm
Day 3	Sunday	20th June 2010	9.00am - 6.00pm

'The role of the Level 1 Coach

Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'. By successfully completing a Level 1 coaching qualification, as part of a UKCC endorsed coach education programme, coaches will be able to:

prepare for the delivery of coaching activities

taking into account participants' needs and motives and establish a safe working environment

deliver prepared activities of the coaching sessions

establish working relationships with participants and others, prepare the participants for the coaching activities, support participants behaviour, deliver prepared activities, conclude the activities

evaluate the effectiveness of coaching activities

review the activities, contribute to the evaluation of participants, continuously develop personal practice

Knowledge and understanding of Level 1 qualifications

Coaches must have the knowledge and understanding of:

safe and ethical coaching practice, the types of communication and methods of communication to establish effective working relationships with participants and others, the techniques and skills of a sport, the rules of a sport methods to develop participants' performance and enjoyment adapting coaching practice to meet participants' needs, abilities and stage of development the methods to evaluate coaching activities and reflect on personal coaching.

Cost is £170 per person. If you are interested in this course please complete the course application form and send with your cheque for £170.00 made payable to **England Netball** to: Sheila Crowley, England Netball, 9 Paynes Park, Hitchin, Hertfordshire, SG5 1EH as soon as possible to guarantee your place. Copy and paste the link into your internet browser to obtain application form:

www.EnglandNetball.co.uk/coaching/ukcc-level_1_courses.php

England Netball, House of Sport, University of Durham, Elvet Hill House, Elvet Hill Road, Durham, DH1 3TH, Tel: 0191 3347223 email: northeast@EnglandNetball.co.uk