

3.3 - Demonstrate coaching skills and responsibilities

Health and safety

Sports coaches must demonstrate that they have carried out health and safety checks before all of their coaching sessions. These checks could be included in the video recording of their session to provide evidence of them taking place. Checks should include the following:

- i. check that the training area is safe to use (no obstructions, floor is dry)
- ii. if the session is outdoors, check the weather and the playing surface
- iii. check that any equipment to be used is not broken or damaged
- iv. check that all participants are wearing appropriate kit, including footwear, for the session
- v. check that participants have removed all jewellery before the session.

Meeting aims and objectives

Sports coaches must demonstrate that they are meeting the aims and objectives of their session that were included in their session plan. The assessor that is observing the coaching session will consider how well the coach has met these aims and objectives when they consider how successful the coach was in delivering their planned session.

If a case arises whereby the coach has to deviate from their planned aims and objectives due to a situation that arises during the coaching session, they should be able to explain this to the assessor after the session has finished.

SKILLS AND RESPONSIBILITIES TO BE DEMONSTRATED

Meeting the needs of participants

Sports coaches must demonstrate that they are meeting the needs of the participants throughout their sessions if their sessions are to be effective and in order to develop the skills, techniques and level of understanding of the participants for the sporting activity being coached. The coach must consider the needs of the participants when they are planning their session, particularly regarding their level of ability and experience. The assessor of the session will expect to see skills, drills and activities which demonstrate the types of practice and guidance best suited to the participants.

The coach must also demonstrate that they are meeting the needs of the participants during the session. They will do this by using their observational skills to see how well the participants are coping with the skills, drills and activities and whether they are making any mistakes. The coach should then make decisions regarding whether the participants are ready for the next activity on their session plan or whether they need more time on the current drill. They will also consider if feedback or coaching points needs to be given to the participants to improve their skills, techniques or understanding.

