



LEVEL TWO COACH AWARD

INFORMATION

The Qualification

This is the qualification for those who wish to coach the techniques of the game beyond an introductory level and apply them to tactical play and the coaching of teams. It is only suitable for those with experience of coaching hockey.

Those accredited at Level Two will be able to coach the full range of techniques and skills in the modern game and to lead a group of coaches in delivering a programme in a safe and enjoyable way.

The Level Two Coach Award is a Vocationally Related Qualification (VRQ), made in partnership with 1st4sport Qualifications (Awarding Body), giving an externally accredited qualification that sits on the National Qualifications Framework. This meets the requirements of the United Kingdom Coaching Certificate (UKCC).

The Course Content

The course involves a minimum of 28 hours of tutored pitch-time and theory work. A further 6 hours of practical coaching, some of which will ideally be mentored, will take place following the course and prior to assessment.

For the mentored coaching you will require an experienced Level Two Coach (or above). If you know of anyone who is suitable please seek his/her permission and bring his/her details to the first session on 10th May.

Candidates will also need to attend some mandatory courses run by sports coach UK (scUK), have a First Aid certificate, are strongly advised to be CRB checked and have up-to-date insurance cover.

The Assessments

Candidates will have two practical assessments - one with adults and one with children (under 16 years). Each assessment will be of a minimum of 30 minutes duration coaching at least 16 players. The candidate will be required to demonstrate the coaching of technical skills and game related play.

The Portfolio

Candidates will be required to complete a full and detailed portfolio, which is task-based. Much of this work will be completed during the theory parts of the course programme.

The Portfolio will include evidence of:

- Dealing with Accidents and illnesses
- Following Emergency Procedures
- Health & Safety Checklist
- Working with children worksheets
- Coaching styles and effective communication
- Coaching log to include - Planning Coaching Sessions and evaluating them, four being linked

Additional evidence should be submitted in the portfolio:

1. Any certificates e.g. Level One Coach Award, Teaching Certificate
2. Current First Aid certificate **
3. Safeguarding & Protecting Young People Workshop **
4. CRB check/disclosure
5. Any sports coach UK (scUK) Workshop certificates
6. Insurance certificate

*** Compulsory. It is recommended that candidates start looking at the availability of local courses as soon as possible. Your local Sports Development Officer or County Hockey Development Officer will be able to assist.*



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Accreditation

Candidates who are assessed as competent coaching both adults and children, and who submit a coaching portfolio, which meets the required criteria, will be awarded the Level Two VRQ in Hockey Coaching.

Registration Period

The assessments must be completed within 18 months of registration on the course and the portfolio completed and marked within 2 years of registration.

Failure to complete within the 2 year registration period will require the candidate to start their portfolio and assessments again and pay a further £225 for new resources and a new registration.

Most candidates should be able to complete the Award within 6 – 9 months of attending the course.

DATES

- | | | |
|-------------|------------------------------------|----------------------|
| • Session 1 | Saturday 10 th May 2008 | 10.00 a.m. – 6.00 pm |
| • Session 2 | Sunday 11 th May 2008 | 10.00 a.m. – 6.00 pm |
| • Session 3 | Saturday 7 th June 2008 | 10.00 a.m. – 6.00 pm |
| • Session 4 | Sunday 8 th June 2008 | 10.00 a.m. – 6.00 pm |

Candidates must be available for all modules or make themselves available to complete the modules elsewhere in the country or the following year.

Additionally the candidate will be offered opportunities to be assessed at organised Assessment days. If the candidate is unable to attend these days it is their responsibility to organise an assessment session (date, time, pitch & players) at their own cost in liaison with the England Hockey Regional Office.

VENUE

University of Exeter Sports Park, Streatham Campus, Exeter, Devon.

COST

£390.00, which includes VRQ Registration (through 1st4sport Qualifications), resources, voucher for one year's subscription to Level Two online resources, tutor fees, assessment fees and marking of portfolio.

A further £35 will be payable if a re-assessment is required following an assessment found to be 'not competent'.

The course fee is non-refundable within 21 days of the start of the course.

APPLICATIONS

The closing date for applications is Friday 14th March 2008. However as the maximum number of candidates who can attend this Course is 24 you are advised to submit your application as early as possible.

Receipt of applications will be acknowledged by email. If you do not have an email address or require a receipt please enclose a stamped addressed envelope.

The final Course programme and joining instructions will be forwarded at least three weeks prior to the Course start date.

FURTHER INFORMATION

If you require further information or clarification of the course requirements please contact Jane Cornelius, Regional Manager on 01392 264031 (mobile 07880 555915).



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COURSE PROGRAMME 2008

SATURDAY 10th MAY 2008

10.00 am	Induction	Introduction to certificate & pack. Programme of training & assessment. Administration. Expectations of candidates.
	Task 1	<i>Role of the coach.</i>
	Task 2	<i>Codes of conduct.</i>
	Task 4	<i>Effective communication.</i>
	Task 6	<i>Coaching Styles.</i>
1.30 pm	Lunch	
2.30 pm	Task 3	<i>Health & Safety checklist.</i>
	Warm ups	Practical.
	Introductory skills	Practical.
	Attacking skills	Practical.
	Cool downs	Practical.
	Task 3	<i>Warming up and cooling down</i> <i>Health & Safety checklist for own pitch.</i>
6.00pm	End	

SUNDAY 11th MAY 2008

10.00 am	Task 3	<i>Health & Safety.</i> <i>Risk assessments.</i>
	Task 3	<i>Dealing with accidents and illness.</i>
	Task 3	<i>Reporting accidents.</i>
	Task 3	<i>Following emergency procedures.</i>
11.00 am	Warm ups	(Candidate led).
	Shooting	Practical.
	Defending skills	Practical.
1.30 pm	Lunch	
2.30 pm	Conditioned games	Practical.
	The principles of attack	Practical.
	The principles of defence	Practical.
6.00 pm	End	



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SATURDAY 7th JUNE 2008

10.00 am	Task 9 Task 10	<i>Fitness for hockey.</i> <i>Nutrition and hydration for hockey.</i>
11.30 am	Basic set plays	Practical
1.30 pm	Lunch	
2.30 pm	Mock Assessment	Practical (Candidate led coaching).
5.00 pm	Task 5 Task 7 Task 7 Task 7 Task 13	<i>Gathering information to plan.</i> <i>Making arrangements for coaching sessions.</i> <i>Planning coaching sessions.</i> <i>Planning linked coaching sessions.</i> <i>Evaluating sessions.</i>
6.00pm	End	

SUNDAY 8th JUNE 2008

10.00 am	Task 10 Task 10 Task 10 Task 2 Task 2 Task 9 & 10 Task 7	<i>Coaching children.</i> <i>Coaching children – considerations and adaptations</i> <i>Considerations for participants with individual needs.</i> <i>Group control.</i> <i>Handling conflict in coaching sessions.</i> <i>Coaching log.</i> <i>Action planning for future coaching sessions.</i>
1.00 pm	Lunch	
2.00 pm	Goalkeeping	Practical
5.00 pm	Task 11 Task 12 Portfolio signing off Individual tutorials	<i>Topics for assessment</i> <i>Home study setting</i>
5.45 pm	Q & A Debrief	
6.00 pm	End	

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Practical Topic	Components of Practical Topics
Introductory Skills - Revision	Techniques: <ul style="list-style-type: none"> • holding the stick • moving with the ball • using the reverse stick • obstruction
Attacking Skills	Techniques and tactics: <ul style="list-style-type: none"> • eliminating a player – 1 v 1 on open and reverse including lifting the ball • passing and receiving on the move • eliminating a player - 2 v 1 • receiving the ball from front side and behind • first touch control • the push • the slap long handle & hands apart • the hit • the reverse stick hit upright, flat
Defending Skills	Techniques and tactics: <ul style="list-style-type: none"> • individual defending skills • marking • intercepting • closing down on a curve • delay and engaging distance • closing down • covering • channelling • defending – tackling: • jab tackle • open stick tackle • reverse stick tackle
Goalkeeping	Techniques and tactics: <ul style="list-style-type: none"> • save and clear using the feet • movement across the goal • saving using the hands and stick • secondary saves • combination saves • basic logging technique
Goal Scoring	Techniques and tactics: <ul style="list-style-type: none"> • using the hit – open and reverse • using the slap – open and reverse & long handled • open & reverse stick sweep • reverse stick hit • using the flick open and reverse • rebounding

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Practical Topic	Components of Practical Topics
The principles of attack:	Skills and tactics: <ul style="list-style-type: none"> • width in attack • support and depth in attack • penetration • movement to create space • unit play 3 v 2 , 4 v 3 etc
The principles of defence:	Skills and tactics: <ul style="list-style-type: none"> • delay in defence • depth • control, restraint and patience • balance in defence • restricting space • zonal, man for man
The basic set plays:	Skills and tactics: <ul style="list-style-type: none"> • free-hits • hit outs • hit-ins from the side line • centre pass • penalty corners – attack and defence • corners • penalty strokes



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COURSE VENUE: UNIVERSITY OF EXETER

Title (Mr/Mrs/Miss/Ms etc): _____ Name: _____

Address: _____

Post Code: _____

Tel (home): _____

Tel (work/mobile): _____

Email: _____

Emergency Contact: _____ Phone: _____

Date of Birth: _____

Date of Level One Award: _____ Assessor: _____

Name of School/College/Club: _____

Playing & Coaching Experience: _____

Do you have any special needs? _____

or a disability? _____

I acknowledge that the course fee cannot be refunded if I withdraw within 21 days of the course.

Signed: _____ Date: _____

Payment of £390.00 **must** accompany this application form. Please make cheque payable to 'England Hockey' and return to:

Jenny Mitchell
Regional Administrator
England Hockey, West Office
University of Exeter
Sports Park
Stocker Road
EXETER
EX4 4QN

Tel: 01392 264031 Fax:01392 251033 E: west@englandhockey.org

CLOSING DATE: FRIDAY 14th MARCH 2008.

Remember, if you do not have an email address or require a receipt please enclose an s.a.e.