



2014 ISAF Development Symposium

Cape Town, South Africa

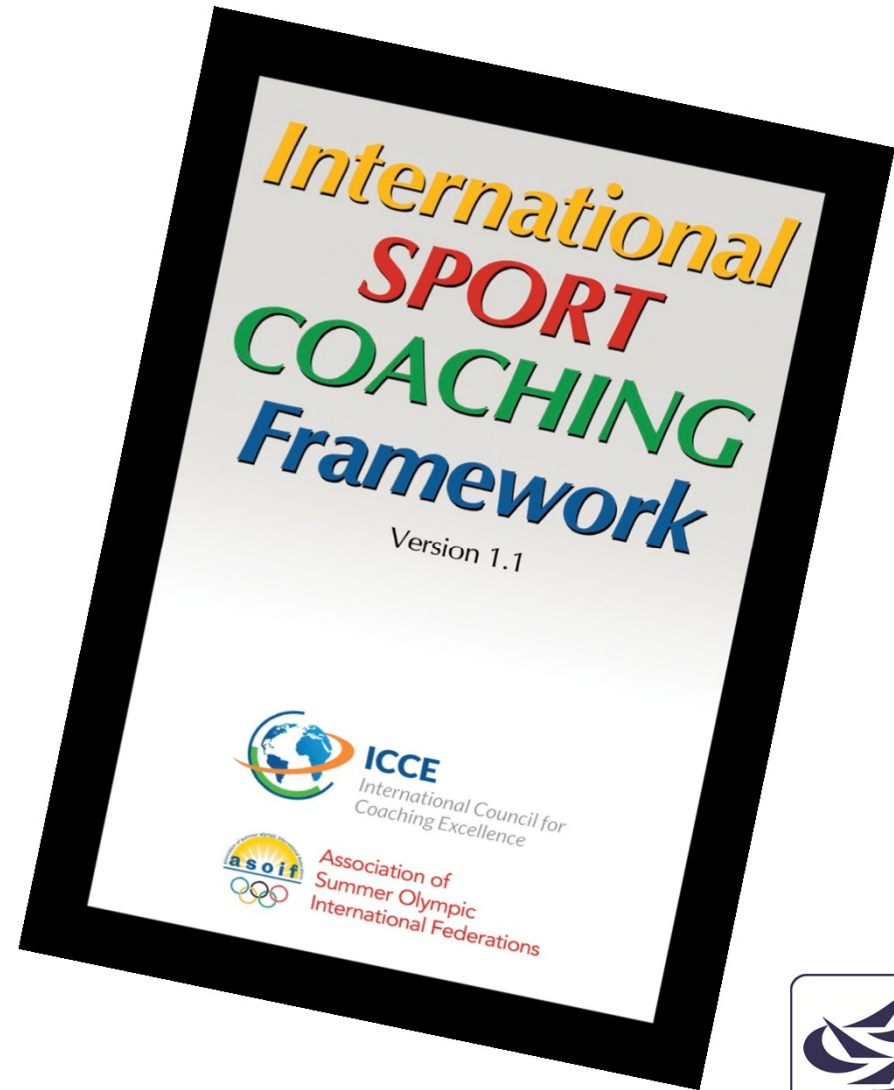


ISAF Coaching framework

- **ISAF Coaching Framework**
- **Benefits of the ISAF Coaching Framework**
- **Framework Provision**
- **Foundations of the ISAF Coaching Framework**
- **Coaching Domains**
- **Coaching - Competency areas**
- **Coaching - Function areas**
- **Development process**



ISAF Coaching Framework



Benefits of the ISAF Coaching Framework

- ISAF MNAs can map their own qualifications with an internationally recognized framework.
- Standardization of coaching qualifications globally, opportunity to endorse existing coaching qualifications and recognition of prior learning (RPL).
- Use the Framework to help determine standards of sailing coach qualifications for each level & create content to fulfil national requirements.
- Use the competencies at each level as an assessment and development tool for their Coaches.
- Align the coaching workforce with the needs of national participants / sailors / athletes.



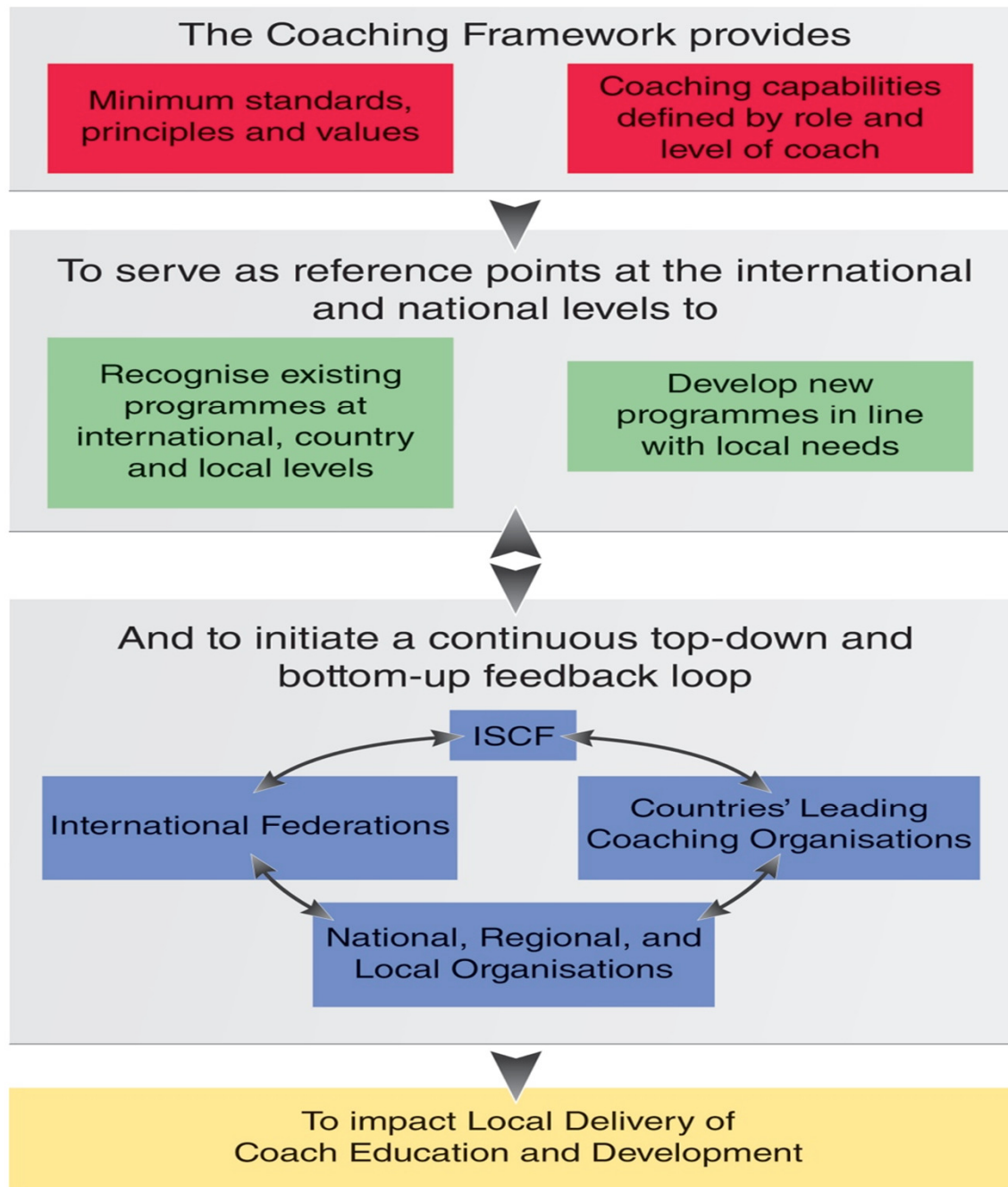
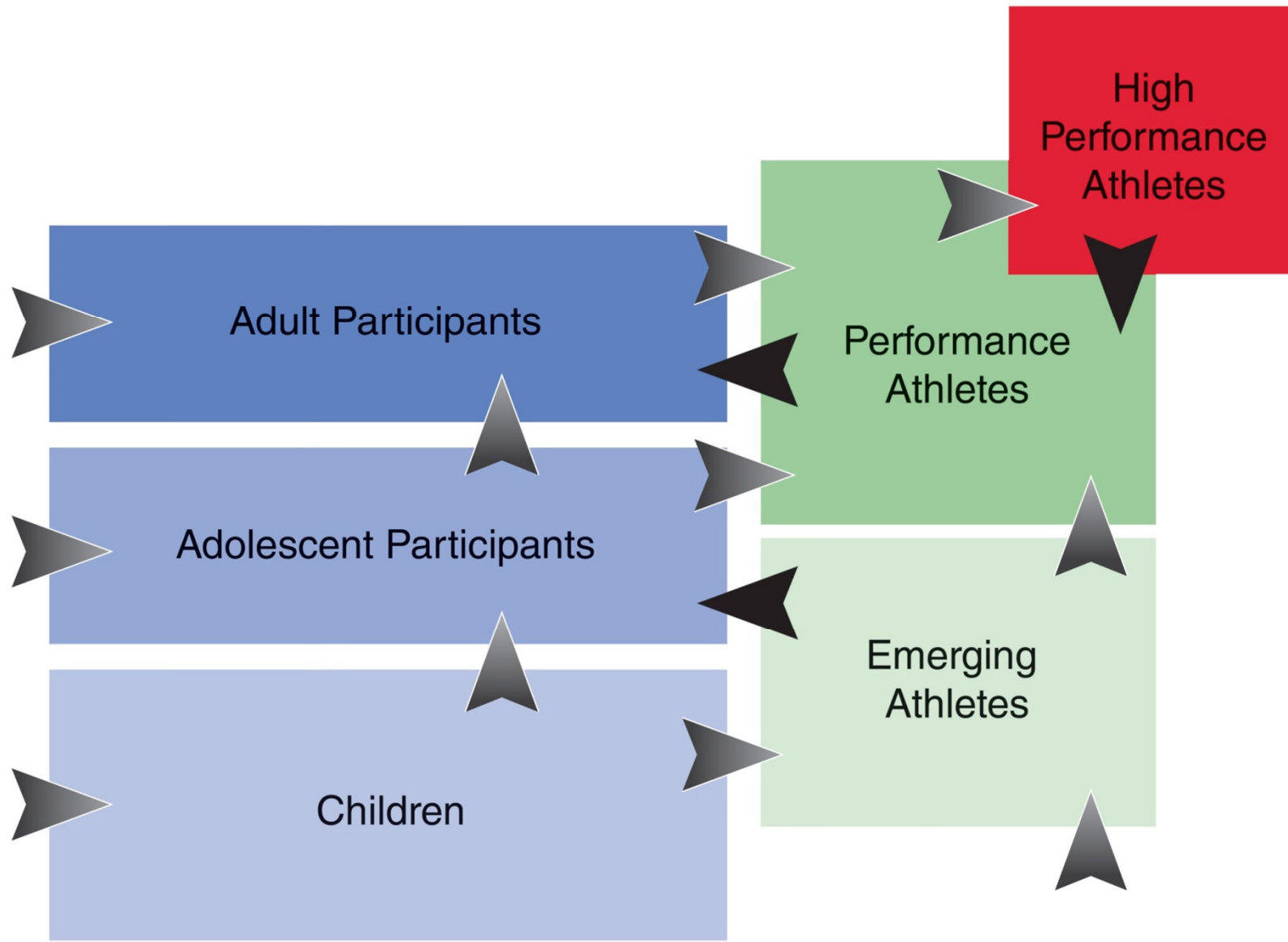




Figure 0.1





	Achievement Standards		
Coaching Roles	National and International Federation levels	University/Higher Education Awards	Other Coach Education Institution and Agency Awards
Master/Head Coach	Level 4	University Degree or Postgraduate Degree	
Advanced/Senior Coach	Level 3	University Diploma or Degree	
Coach	Level 2		Coaching Certificate
Coaching Assistant	Level 1		Coach Introductory Course Award



Coaching Pathways

- Performance

- Participation



Participation Coaching

Coaching Adults

Coaching Adolescents

Coaching Children

Performance Coaching

Coaching High Performance Athletes

Coaching Performance Athletes

Coaching Emerging Athletes



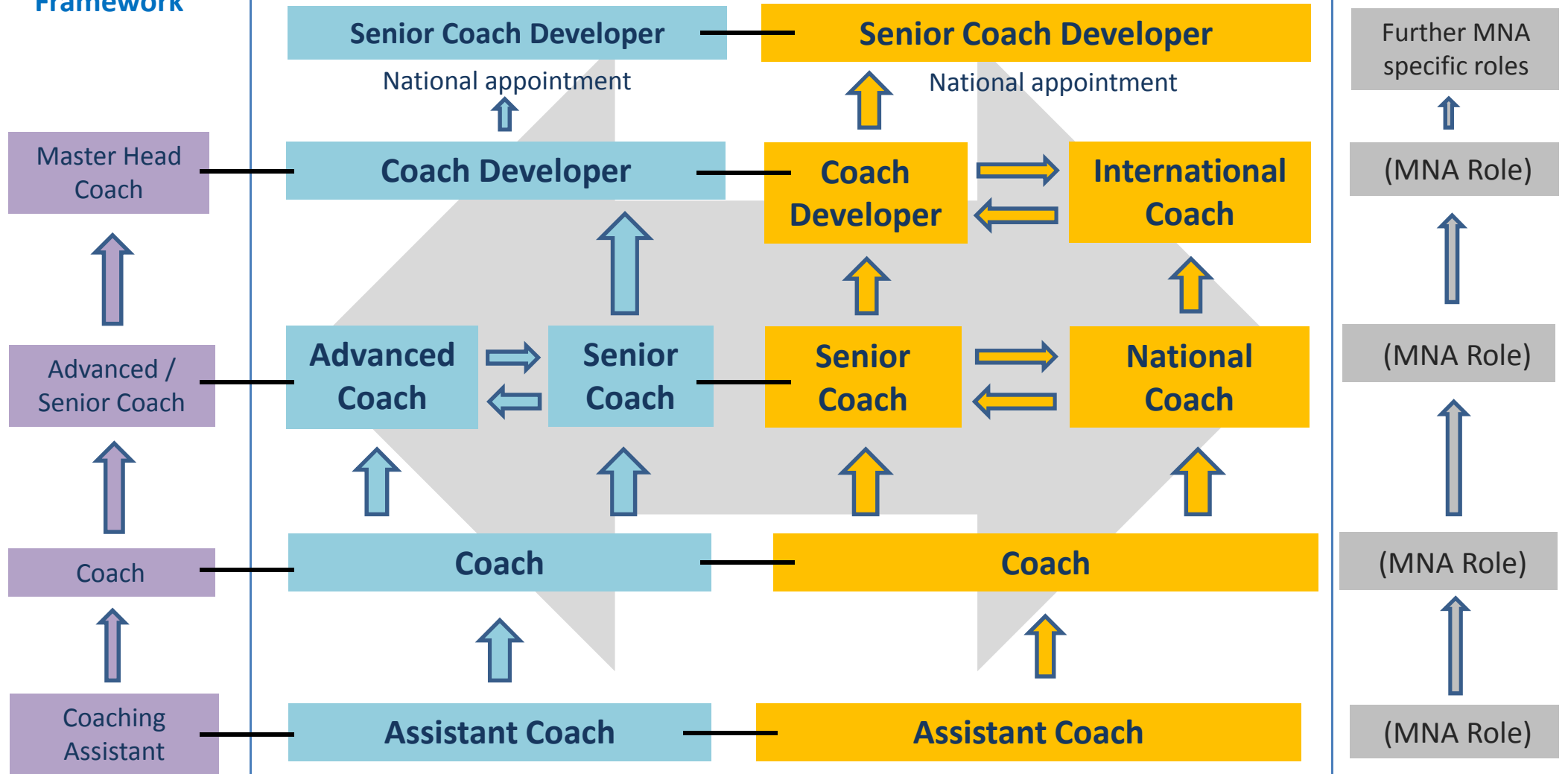
International Sport Coaching Framework

ISAF Coaching Framework - Participation domain



ISAF Coaching Framework - Performance domain

MNA Coaching Framework



ISCF V1.1

↔ = Inter-domain skills transferability where relevant

— = Directly equivalent level

MNA = ISAF Member National Authority
Applicable disciplines: Dinghy, Keelboat, Multihull, Windsurf, Kiteboard

National Participation / Performance domains

Functional Areas

Set the vision and strategy

Shape the environment

Build Relationships

Read and react to the field

Conduct Practices and structure competitions

Learn and reflect



Levels of Competency and Responsibility in Coaching

- * **Basic** - Guided Responsibility (Basic knowledge, skills and competence)
- ** **Competent** - Independent delivery (Competent knowledge, skills & competence. Enough to allow independent delivery)
- *** **Advanced** - Manager (Advanced knowledge, skills and competence. Enough to allow management)
- **** **Mentor** - Innovator (Expert knowledge, skills and competence. Enough to provide effective mentoring)





Figure 5.2



Set the vision and strategy

- Knowledge of National Coaching structure
- Understanding of training schemes / syllabus / SOP's
- Produce a structured programme for participants
- Analysis learning needs and outcomes
- Develop structured session plans



Shape the environment

- Create a session plan
- Use appropriate staff
- Implement risk assessments
- Safeguarding
- Location selection
- Appropriate equipment
- Identify achievable goals



Build relationships

- Influence sail coach development
- Manage sail training personnel
- Empathy with student / coaches
- Effective teaching (Instructing vs Coaching)



Conduct practices and structure competitions

- Student development by applying appropriate practice and learning opportunities.
- Identify specific skills development



Read & react to the field

- **Observe analyse and feedback**
- **Record and evaluate progress**
- **Demonstrate skills**
- **Respect 3rd parties**



Learn and reflect

- Undertake proactive CPD
- Innovate – new solutions improvise and add benefit
- Evaluate sessions & programme delivery
- Self reflection and self monitoring



Questions?

- **Have you see this work in other sports?**
- **Does your MNA have an existing Coaching Framework?**
- **How can you see it benefitting your MNA?**
- **How else can we develop the framework?**

