

ISAF Level 2 Technical Course for Coaches

Aim:

“To deliver a model programme of continued professional development that allows existing Level 1 Coaches to develop standardised training courses for use within Sailing Clubs / Training Centres recognized or accredited by the MNA National Training Programme. The Level 2 Coaches will learn the skills required to manage Level 1 Coaches and oversee training at their club and/or region”

THIS COURSE WILL NOT RESULT IN THE COACH CANDIDATES RECEIVING AN ISAF QUALIFICATION

Suggested Course Contents:

- **Introduction to the MNA National Training Programme**
 - Level 2 Coach role within the MNA National Training Programme
 - ISAF ‘Recognized Training’ accreditation and Coaching Framework
 - Recognition of Prior learning and experience of the candidates and how it is used on the Level 2 course.

- **Personal sailing**
 - Assessment of personal sailing standard (pre-entry skills from Level 1 Course)

- **Management / Coaching skills**
 - Qualities of a Coach
 - Coaching skills
 - Course planning and Organisation
 - Introducing Coaches to the 3 part ‘Coaching Model’ (Level 2 – Level 1 – Sailor)
 - Delivery of the National Training Programme (NTP) ‘Training Sequence’
 - Maintaining the level and monitoring the standards (linked to MNA guidelines)
 - The differences between Instructing, Coaching, Teaching and Facilitating
 - How the role of the Level 2 Coach differs from the Level 1

- **Learning and Coaching styles**
 - Learning styles exercises
 - Coaching styles exercises
 - Teaching aids (related to practical / theoretical sessions)
 - Land drills (simulators)
 - Video coaching and other useful resources
 - Making theory sessions more interactive and engaging

- **Aims, Objectives and Outcomes**
 - Briefing of Level 1 Coaches / volunteers
 - Observing and recording Level 1 Coach run activity with set objectives
 - De-briefing of level 1 Coach by Level 2 Coach

- **Land Drills (simulators)**
 - When to use them
 - Making Land-drills effective for the level of the group
 - What they can be used for:
 - Dinghy park demonstrations
 - Adverse weather days
 - Games (making them fun)

- **Use of coach / power boat in the water-based environment**
 - Coach / Power Boat Position
 - Fleet management (boats and sailors)
 - Effective communication
 - Kill cord usage (mandatory)
 - Awareness of other water users / conditions
 - Basic safety techniques / manoeuvres

- **Managing a Team**
 - Continual Professional Development of the Coaches at Centre / Club level
 - Positioning for best observation of activities
 - Feedback to Assistant / Level 1 Coaches / Volunteers
 - Development of more advanced skills using the 'model' session
 - Standard Operating Procedures (SOP's)
 - Emergency Action Plans (EAP's)
 - Risk Assessments, Session Plans and Schemes of Work

Suggested 5 day Course Plan:

Day	Morning	Afternoon
1	Introduction to course The National Training Programme and ISAF Standards	Qualities of a Level 2 Coach Maintaining the Level Pre-entry requirements and assessment
2	Planning a Level 1 Course Introduction of the 'Coaching model'	Level 1 Course practical sessions with application of the 'Coaching model'
3	SOP's, EAP's, Risk Assessment What to do and how to manage the situation.	Level 1 Course practical sessions with application of the 'Coaching model' Mid-Course de-briefs
4	Discussion groups Seamanship, Spinnakers and advanced skills.	Level 1 Course practical sessions with application of the 'Coaching model' Who teaches what. NTP Structure
5	Application of 'Coaching model' to race related exercises.	End of Course debriefs. Personal Action Plans.