

ISAF Level 2 Technical Course for Coaches

Aim:

“To deliver a model programme of continued professional development that allows Level 2 Coaches to develop standardised training courses for Level 1 Coaches within the National Sail Training Programme.”

Suggested Course Contents:

- **Introduction to the MNA National Training Programme**
 - Level 2 Coach role within the MNA
 - ISAF Recognized Training / LSTP guidelines
 - Prior learning and experience of the candidates and how it is used on course.

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

- **Training Coaches**
 - Qualities of a Coach
 - Coaching skills
 - Level 1 Coach Course planning and Organisation
 - Introducing Coaches to the ‘Coaching model’ (L2C – L1C – 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 does the role of the Level 2 Coach differ from the Level 1?

- **Learning and Coaching styles**
 - Learning styles exercises
 - Coaching styles exercises
 - Teaching aids
 - Land drills
 - Video and other resources
 - Making theory sessions more interactive

- **Aims, Objectives and Outcomes**
 - Briefing of Level 1 Coach
 - Level 1 Coach run activity with set objectives
 - Level 1 Coach review with re-cap of outcomes
 - De-briefing of level 1 Coach by Level 2 Coach

- **Land Drills**
 - When to use them

- Making them effective for the level of the group
- What they can be used for:
 - Dinghy park demonstrations
 - Inclement weather days
- Games (making them fun)

- **Use of powerboat in the Coaching environment**
 - Coach Boat Position
 - Fleet management
 - Communication
 - Kill cord usage
 - Awareness
 - Basic rescue techniques

- **Managing a Team**
 - Managing individual Assistant Coaches and Level 1 Coaches
 - Continual Professional Development of the Coaches at the Training establishment
 - Most effective use of the Level 2 Coach
 - Positioning for bets observation
 - Feedback to Level 1 Coaches
 - Running of more advanced sessions to show the ‘model’ session
 - Standard Operating Procedures (SOP’s)
 - Emergency Action Plans (EAP’s)
 - Risk Assessments
 - Session plans and Schemes of Work
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Suggested 5 day Course Plan:-

<u>Day</u>	<u>Morning</u>	<u>Afternoon</u>
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.