

SPECIALIST AREA: COACHING AND INSTRUCTION

SUB AREAS:

(Linked to L3 Community Sport and health worker [ST0093](#))

- *Inclusive martial Arts*
- *Equestrian coaching*
- *Coaching track cycling*
- *Coaching tennis*
- *Coaching Netball*

NB. The following duties are indicative and not exhaustive.

SPECIALIST DUTIES:

The following specialist duties are relevant across the sub areas and qualifications should seek to cover these as appropriate:

- works safely and in accordance with all relevant legislation, guidelines, policies, procedures and protocols
- prepares participants for sports coaching sessions by assessing participants' readiness to engage with sessions and agreeing goals
- Plans coaching sessions
- adapts and revises plans where necessary
- Facilitates skills acquisition, physical conditioning and mental skills development within the sports coaching programme.
- observes and analyses the participants' performance and ensures all participants have the opportunity to take part in the planned programme
- maintains regular communication with participants and adapts coaching and leadership style to meet the needs of the participants
- provides participants with on-going feedback on their performance and ensures that participants have the information they require about future sessions
- adapts the sports coaching programme to ensure sessions meet the

programme goals and objectives

- accesses specialist advice to support the development and welfare of the participants
- manages the environment and equipment in accordance with all relevant legislation, guidelines, policies and procedures
- develops players/participants technically, tactically, physically and psycho-socially
- organises logistics for all training sessions, fixtures, tournaments and events.
- maintains responsibility for training / match equipment
- applies understanding of the safeguarding policy, procedures and best practice guidelines.
- understands and demonstrates the importance of customer care and service delivery
- monitors and reviews the sports coaching programme using the methods identified during the planning of the sports coaching programme
- analyses the evidence from the monitoring and review process and adapts the programme goals
- evaluates the sports coaching programme and provides feedback
- collates recommendations for improvement and completes a report on the findings
- implements recommendations for improvement to current and future sports coaching programmes
- evaluates own performance and the performance of others
- identifies development opportunities that will support current and future sports coaching programmes