

Essex Level 2 Coach Course - Course No 08 L2 8

Day 1 - 08 Mar 2009	Time	Tutor(s)
Day Introduction	09:30 - 09:45	JN/PW
Benefit of working with a coach	09:45 - 10:30	PW
Handicap tables	10:30 - 11:00	MV
Break		
Goal setting	11:15 - 12:00	JN
Risk Assessment	12:00 - 12:45	PW
Lunch		
Coaching Process	13:30 - 14:45	JN then All
Break		
Coaching process - practical	15:00 - 16:00	All
Plan-Do-Review	16:00 - 16:45	JN
Day summary / homework	16:45 - 17:00	JN/PW

Day 2 - 22 Mar 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:00	JN/PW
Recurve tuning theory	10:00 - 11:00	PW
Break		
Recurve tuning practical	11:15 - 13:30	All
Lunch		
Personal equipment	14:15 - 15:00	All
Musculo-skeletal system #1	15:00 - 15:45	JN
Break		
Musculo-skeletal system #2	16:00 - 16:45	JN/PW
Day summary / homework	16:45 - 17:00	JN/PW

Day 3 - 05 Apr 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:15	JN/PW
Listening and feedback #1	10:15 - 11:00	PW
Break		
Listening and feedback #2	11:15 - 12:00	PW
Plan beginners course	12:00 - 12:30	MV
Lunch		
Unethical conduct & Drugs in sport	13:15 - 14:00	JN/CC
Observation skills	14:00 - 15:15	Any / All
Break		
Arrows	15:30 - 16:15	MV
Flexi session	16:15 - 17:00	
Day summary + homework	17:00 - 17:15	JN/PW
L2 Mentor Accreditation	10:00 - 12:00	JN

Day 4 - 19 Apr 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:00	JN/PW
Compound theory	10:00 - 11:00	MV
Break		
Compound practical	11:15 - 14:00	All
Lunch		
Acquisition of skill	14:45 - 15:45	PW
Break		
Self review and Personal Action Plans	16:00 - 16:30	JN et al
Day summary and homework	16:30 - 16:45	JN/PW

Day 5 - 03 May 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:00	JN/PW
Nutrition	10:00 - 10:45	JN
Principles of training	10:45 - 11:15	MV
Break		
Equipment maintenance	11:30 - 13:15	All
Lunch		
Coaching aids & review of acquisition of skill	14:00 - 15:15	PW
Break		
Managing Level 1 coaches and time management	15:30 - 16:45	JN
Day summary + homework	16:45 - 17:00	JN/PW

Day 6 - 17 May 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:00	JN/PW
Understanding technique	10:00 - 11:00	JN
Break		
Practical coaching	11:15 - 13:15	All
Lunch		
Review: observation skills and understanding technique	14:15 - 15:00	All
Longbow #1	15:00 - 15:45	PW
Break		
Longbow #2	16:00 - 16:45	PW
Day summary & homework	16:45 - 17:00	JN/PW

Day 7 - 31 May 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:00	JN/PW
Psychology in sport	10:00 - 11:00	PW
Break		
Effective questioning	11:15 - 11:45	PW
Disability awareness	11:45 - 13:00	MV
Lunch		
GNAS rules / structure	13:45 - 14:15	JN
Different forms of archery	14:15 - 14:45	MV
Break		
Equipment on the bow	15:00 - 16:00	All
Flexi session	16:00 - 16:45	
Day summary & homework	16:45 - 17:00	

Day 8 - 07 Jun 2009	Time	Tutor(s)
Day introduction + hw review	09:30 - 10:00	JN/PW
Practical coaching	10:00 - 12:30	All
Lunch		
Review practical session	13:15 - 13:45	JN
Personal Action Plans	13:45 - 14:15	MV
Course review	14:15 - 15:15	All
Break		
Flexi session	15:30 - 16:00	
Course close: next steps	16:00 - 16:30	All
Day summary & homework	16:30 - 16:45	JN/PW

NOTES

The course day will start at 09:30 and we aim to be finished by 17:00 each day.

The timing of comfort breaks and the lunch break are obviously approximate and subject to change as the programme runs. We have assumed a 45 min lunch break though this could be shortened with the agreement of the candidates.

The Flexi sessions provide space in the programme to give additional time to topics were the candidates feel this is required. Please give thought to how best to use these as they approach - ideally, please tell the tutors what is required by the end of the session before a Flexi session is due - we don't topic sprung on us on the day.