

## Information Sheet: L2 coach and coaching course

### L2 coaching competencies

The following are the prime competencies of a Level 2 accredited coach:

- Demonstrate ethical practices in relation to the Coach's Code of Behaviour
- Plan for and prepare a representative team for a competition
- Develop and deliver quality and effective training sessions
- Use appropriate and positive communication to meet the situation and needs
- Demonstrate effective team and individual analysis (own and opposition)
- Implement efficient skill and tactical development strategies
- Provide quality technical and tactical feedback on team and player performance
- Conduct physical testing protocols and apply sports science knowledge
- Implement strategies to improve coaching and team / player behaviour

### Eligibility, registration, format and delivery

L2 coaching course participants must have had a L1 coaching accreditation for a minimum period of 12 months and must have been actively coaching during the previous six months. Registrations must be received by the advertised closing date, usually 4 months prior to the L2 workshop. Delivery of the Level 2 Coaching Course will be through home study and a face-to-face workshop. The home study is aimed at developing the necessary level of underpinning coaching knowledge by completion of the L2 Home Study Workbook, issued 10-12 weeks prior to the L2 workshop. The home study effort is estimated at between 15 -25 hours and involves reference reading, research, analysis, written workbook responses and presentation preparation. Most workshops are delivered over extended weekends of about two and a half days. A Level 4 Course Presenter must be in attendance during L2 course workshop delivery.

### Course content and duration

Topics included in the L2 course are: Planning for Touch, Risk Management, Coaching Better, Functional Anatomy, Principles of Training, Speed, Strength, Flexibility and Power Training, Growth and Development of Touch Players, Nutrition, Building a Better Team, Sports Medicine, Managing People, Advanced Individual & Sub Unit Skills, Analysis of Individuals, Tactics and Set Plays, Team Analysis, Talent Identification, and Coaching for Varying Events. The L2 coaching course involves approximately 20 hours home study, approximately 18 hours coursework and a more comprehensive practical assessment of coaching skills.

### Assessment

Assessment will be undertaken on the L2 Home Study Workbook, participation in coursework and practical coaching. During the workshop all participants will be required to present on a nominated topic. Coaching practice can be achieved post-coursework and in some cases practical assessment may be undertaken during course delivery provided the coach is assessed as competent by a qualified assessor. Coaches are usually assessed at a training session and during a competition match.

### Cost and registration

The L2 cost varies according to venue, facilities and delivery aspects. For the 2010 European Coaching Project (May to July 2010) the L2 course registration fee for each of the four L2 courses to be delivered has been set at EU150. Potential participants are required to complete and submit the L2 Course Registration Form together with 50% of the course fee (EU75) not less than three (3) months prior to the scheduled workshop. Specific venues, dates and Course Coordinators for 2010 L2 courses will be advised when known however courses are planned for the following countries:

England:	7-9 <sup>th</sup> May 2010
Italy:	11-13 <sup>th</sup> June 2010
Catalonia:	18-20 <sup>th</sup> June 2010
Guernsey:	2-4 <sup>th</sup> July 2010

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