

TFA & FIT L2 COACHING COURSE

TOPIC CONTENT SUMMARIES

(A Reference for Participant Presentations)

Planning

- Yearly Training Plan
- Micro and Macro cycles
- Phases of the plan
 - : Preparation
 - : Competition
 - : Event
 - : Transition
- Individualized programs
- Player familiarization for competition
- How to develop/evaluate/modify a yearly plan
- Evaluation and measurement (validity, reliability)
- Record keeping

Risk Management

- Drugs in sport:
 - : Drug testing procedures and protocols
 - : Inadvertent doping
 - : Banned substances
- Ethics:
 - : Coach's code of conduct
- Ethical issues:
 - : Sexual harassment / abuse
 - : Coaching children
 - : Junior Sport Policy
- Legal considerations:
 - : Contract negotiations
 - : Litigation
 - : Duty of care - safety / negligence
 - : Waivers and exclusion clauses / insurance
 - : Sporting tribunals
 - : Sport law issues (e.g. restraint of trade)
 - : State Child protection Legislation
 - : TFA & FIT Membership Protection Policy
- Touch Environment:
 - : Risk Management Planners
 - : Risk Management Strategies
 - : Equipment

- : Roles and responsibilities of event / competition administrators
- : ASC / FIT / TFA Code of Behaviour
- : What is winning?

Principles of Training

- The energy systems
- Components of fitness
- Methods of training (general)
- Types of recovery training
 - : Physical
 - : Psychological
 - : Nutritional
- Incorporating Recovery into your program
- Monitoring strategies for players and coaches
- Core trunk stability
- Touch Fitness Testing protocols

Fitness Training

- Definition of speed, strength, endurance and power within the Touch environment
- Interrelationship between speed, strength, endurance and power
- Types of training
 - : Weight training
 - : Circuit training
 - : Plyometrics
 - : Sprint training
- Types of stretching
 - : Static
 - : Ballistic
 - : PNF
- Scheduling flexibility
- Developing suitable warm up and cool down routines
- Safety considerations
- Measurement / evaluation
- Adaptation of your Touch program

Nutrition

- Nutritional guidelines for competing players
- Hydration
- Competition diet
- Supplementation
- Eating disorders
- Weight management
- Local nutritional professionals
- Suggested websites

Building Better Team

- Goal setting
- Arousal control skills
- Mental rehearsal
- Time management (coach & player)
- Motivation

Sports Medicine

- Frequent Touch Injuries
- Monitoring the injured player
- Integration of the injured player in the team
- Coach's role in rehabilitation
- Injury prevention
- Importance of Warm ups and Cool downs
- Illness
- Health issues (HIV, Hepatitis, Hygiene)
- Emergency plans
- Environmental stress
- Competing and training in hot and cold environments
- Importance of record keeping
- TFA & FIT Policies, e.g. blood policy

Managing People

- Types of Communication
- Verbal Communication
- Non – verbal Communication
- Effective Communication Strategies
- Sender/Receiver Responsibilities
- Listening Skills
- Effective Questioning
- Hints on effective presentations
- Dealing with difficult situations
- Effective negotiation skills
- Identification of resources, mentor coach, sourcing sport specific information
- Support team management
- Program needs analysis
- Roles and responsibilities

Advanced Individual Skills

- Effective skill teaching and development
- Drills and activities for individuals
- Specific attack and defensive skills
- Monitoring development

Advanced Sub-unit Skills

- Effective skill teaching
- Multiple Phase play
- Defensive Strategies
 - : Squeeze
 - : Short Side
 - : Shooters
 - : Shutdown
- Efficient use of Sub box
- Rucking strategies
- Others

Individual Analysis

- Learning styles
- Individual attacking skills of own team and opponents
- Individual defensive skills of own team and opponents
- Delivering effective feedback
- Reflection of coaching delivery styles
- Ability to carry out team instructions
 - : Follow game plan
 - : Effective positional play
 - : On field communication
- Decision making capacity
- Anticipation

Team and Opposition Tactics

- Learning Styles
- Transition from rucking to line attack plays
- Line attack plays (15 metres out)
- Line defence strategies
- Transition from defence to attack
- Drop off
- Driving or rucking strategies (including coming off own scoreline)
- Overcome sin binning of own or opposition players
- Tap moves
- Rules that govern the game

Team Analysis

- Learning styles
- Team attacking skills
- Team defensive skills
- Delivering effective feedback
- Reflection of coaches delivery style
- Ability to carry out team instructions

: Game plan
: Positional play
: On field communication

- Decision making capacity
- Anticipation
- Use of technology -Video and statistical analysis and other technologies
- Interpreting Statistical information
- Rule interpretations

Advanced Team Plays

- Analysing requirement, team strengths and team weaknesses
- Review of basic team plays
- Extending basic team plays
- Training techniques for team plays
- Examples

Talent Identification

- What is TID?
- Why do we need TID?
- What are the benefits to touch?
- What are the benefits to the coach?
- What are the benefits to the player?
- What are the benefits to officials?
- The current TID process
- Role of the coach in the TID selection and process.

Competition Coaching

- Planning for Events
- Different Physiological and Psychological impacts for –
 - : Tournaments and limited term carnivals
 - : 17 week season
- Environmental playing considerations (Verona in summer, Aberdeen in Winter)
- Recovery strategies
- Expectations of players for various events
- Impact of TID and player pathway (burnout)
- Logistics and administration
- Other?