

## Level 1 Coaching Course | Learning Outcomes

Throughout the entire course, the below listed Learning Objectives will be delivered in either the e-learning content and/or the face-to-face practical element.

THE SPORT	
1	o Comprehend the various aspects of the environment in which candidates will be coaching
2	o Understand the key rules and regulations for the sport of sitting volleyball
3	o Be aware of all player eligibility requirements for international sports competition
THE PLAYER	
4	o Understand talent indicators in players and be aware of various player recruitment strategies
5	o Recognise the coach's role in ensuring best possible athlete preparation for training / competition
6	o Recognise the coach's role in mental preparation for sporting performance and good mental health for sitting volleyball athletes
7	o Understand how to support participant awareness of drugs and doping in performance sport
8	o Be able to develop the foundations of sitting volleyball skill technique, allowing for individual specifics and focusing on output/function
THE COACH	
9	o Know how to plan appropriately for a competitive sitting volleyball team, including short, medium and long term targets and activities
10	o Be able to suitably prepare a sitting volleyball team for a match or competition, looking at all aspects that affect athlete performance
11	o Understand how to maximise the learning process through effective sitting volleyball coaching sessions
12	o Understand how to set a team up for a game to play to its strengths and adjust tactical elements within matches
13	o Be able to collect match and training statistical data and use this to influence team system and tactical decision making
14	o Understand the roles and responsibilities of team staff positions required to support and develop a sitting volleyball team

15	o Comprehend the difference in role between being a Head Coach and an Assistant Coach and appreciate how to be most effective together
16	o Understand the need to take an athlete centred approach which considers everything from player safety when active through to support for players beyond and after their playing careers
17	o Know how to effectively establish and maintain positive relationships with team staff, athletes and officials that fostering trust, communication, and mutual respect
18	o Demonstrate ownership over continued professional development which impact team performance and satisfaction
PRACTICAL	
19	o Demonstrate confidence and control when managing training activities / drills, including the importance of feeding
20	o Formulate a plan on how best to apply this new knowledge and state what participant commits to doing to grow the game and/or develop their team