



Level 1 Beach ParaVolley Coaching Course – Learning Outcomes

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

| THE SPORT | |
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| 1 | Comprehend the various aspects of the environment in which candidates will be coaching |
| 2 | Understand the key rules and regulations for the sport of standing Beach ParaVolley |
| 3 | Be aware of all player eligibility requirements for international sports competition |
| 4 | Understand all aspects of sport integrity as it relates to awareness and compliance and role in promoting sport integrity principles |
| THE PLAYER | |
| 5 | Recognise the coach's role in ensuring athletes are best prepared physically for the demands of training/competition |
| 6 | Recognise the coach's role in mental preparation to support the athlete in meeting the psychological demands of sporting performance |
| 7 | Understand the need for an athlete-centred approach by exhibiting the Holistic Development principles and how to support the wellbeing of athletes |
| 8 | Be able to develop the foundations of beach paravolley technical skills, by understanding and adopting the skill model and key words |
| 9 | Know the different tactical systems for Beach ParaVolley and be able to use this to influence team system and tactical decision making |
| THE COACH | |
| 10 | Know how to plan appropriately for a competitive sitting volleyball team, including short, medium and long term targets and activities |
| 11 | Understand how to support athletes through the learning process through effective coaching sessions and training program |
| 12 | Know how to effectively establish and maintain positive relationships with team staff, athletes and officials that foster shared values, trust, communication, and mutual respect |
| 13 | Understand the requirements of a performance environment and know how to establish and maintain one |
| 14 | Be able to collect match and training statistical data to adjust tactical elements within matches |
| 15 | Be able to suitably prepare a Beach ParaVolley team for a match or competition, looking at all aspects that affect athlete performance |
| 16 | Understand the roles and responsibilities of team staff positions required to support and develop a Beach ParaVolley programme |
| 17 | Demonstrate ownership over continued professional development that positively impacts team culture and performance |
| PRACTICAL17 | |
| 18 | Demonstrate competency and confidence in delivering an engaging and well-coordinated training session |
| 19 | Demonstrate the ability to deliver a well-designed and prepared session using a well-structured plan outline covering physical, mental, technical and tactical aspects of Beach ParaVolley |
| 20 | Display the ability to coach, explain and demonstrate the technical and tactical systems of Beach ParaVolley |

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| 21 | Exhibit the communication skills of questioning and feedback to athletes to check for understanding in your athletes |
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