

# LOCKDOWN | UPSKILL SHEET

*Keeping your skills active at home*

## Sport Coaching (Level 3)

### INTRODUCTION

This lockdown/upskill sheet provides people working towards the *NZ Certificate in Sport Coaching (Level 3)* with a list of training tasks they can do during Covid-19 Alert Levels 3 and 4.

Being unable to do many of the things you are used to doing as a coach can be frustrating, but it can also be a good time to think, reflect, and research new things.

Using the learning links below, you can continue with your goal of gaining your Sport Coaching qualification.



### THINGS YOU CAN DO

Once you have enrolled in the Sport Coaching programme, Skills Active will email you your assessment workbooks, and give you access to the Sport Coaching online learning resources in Skills Activator (our online learning platform). You can then start working through the introduction, which gets you thinking about the purpose of sport and what motivates people.

**Section 1: Know yourself – Ko wai au?**, asks you to reflect on the responsibilities, knowledge, skills and attributes of a coach, and think about what sort of coach you are. You can watch some of NZ's greatest coaches talking about, and demonstrating, their approach to coaching. Then you can write down your own personal coaching philosophy.



**Section 2: Know your participants – whakawhānaunga**, looks at children's stages of growth and development, and gives you time to think about the needs of those you are coaching. You will be asked to assess the needs of one particular group that you have been or are coaching, and also look at the particular needs of individuals within the group.



**Section 4: Being a good sport**, is about how you can encourage good sporting behaviour, deal with bad behaviour, and why this is so important.



**Section 5: Know your sport – mātauranga tākaro**, is assessed by conversation. You will be asked to write notes into Skills Activator about the rules and regulations of the sport you are coaching, and the key organisations that support your sport. Then you can have a conversation with your assessor about these topics, and through this work you will gain five credits towards your qualification.

## THINGS YOU CAN DO

**Section 6: Safety management and injuries**, looks at the risks associated with your sport, why injuries might happen and how you can prevent them. You will also consider how you would deal with an injury, if it does occur. Complete this section of your booklet and you will have another five credits ticked off.



## KA PAI!

Once you have completed all these tasks you are well on your way to completing your full NZC in Sport Coaching (Level 3).

When you are able to get back out and coach you will need to:

- observe another coach and reflect on their coaching practices
- submit an overall plan of your coaching sessions
- submit two detailed plans of individual coaching sessions
- be observed delivering those two coaching sessions
- self-review the two coaching sessions, thinking about what went well and what you might do differently.

### **Kia haumarū mōu, ka ora ai te tāngata**

Be safe, look after yourself, and you'll look after your participants