

# FREE COACHING COURSES

Herts Sports Partnership is funding a number of coaching courses through the European Social Fund's East-Links: Leading the Field (ELF) programme.

**You may be eligible for 100% funding for ONE of these courses if you meet ALL of the following criteria:**

- Aged 16 or over
- In paid employment (minimum 8 hours/week)
- Working/living in East of England Region (Beds, Cambs, Essex, Herts, Norfolk, Suffolk)
- Not a full time student e.g. **not** on a NVQ, BTec, A level or Degree course
- An EU citizen **or** have indefinite leave to remain in UK/right to work in the EU
- Not already have been funded for any other qualification through the ELF programme
- If employed in the public sector (schools, local government etc), be an active volunteer in a local sports club

To confirm that you are eligible, please contact our ESF coordinator Danielle Quelch [d.quelch@herts.ac.uk](mailto:d.quelch@herts.ac.uk) 01707 284229

herts  
**sports**  
partnership



## Dodgeball: Level 2 Coaching Qualification

Hertfordshire Sports Village, Hatfield Business Park, Hatfield, AL10 9EU

Friday 4 June, 10.00am - 4.00pm

**Cost: £100 (incl. resources)**

“The sport where YOU are the target!”

Dodgeball has many advantages over other sports, but none more than its absolute accessibility. It is played right across the world by people of all ages, sexes and sporting abilities. It is very simple to learn, and ‘everyone’ has the ability get involved as part of a team.

The UKDBA Level 2 Coaching Certificate in Dodgeball is designed to enable those who have experience in other sports (or even in Dodgeball) the opportunity to gain a qualification that will enable them to coach Dodgeball to people of all ages and abilities and to assist in the sport's development programme.

The course will cover the following key elements:

- Why Dodgeball?
- Pathways for personal development
- Dodgeball Rules Test
- Dodgeball Specific Drills
- Refereeing & Match Play
- Practical Assessment

For more information contact UKDBA Development Officer Mo Islam (email: [mo.islam@ukdba.org](mailto:mo.islam@ukdba.org) or mobile 07956 816266)

herts  
**sports**  
partnership



## Sports Leaders UK: Tutor Training Course

Hatfield Leisure Centre, Travellers Lane, Hatfield, AL10 8JT

Friday 18 June, 8.45am - 4.30pm

### **Cost: £250 (incl. tutor resource pack)**

The Tutor Training Course is aimed at organisations preparing to deliver the Level 1 Sports Leadership and the Level 2 Community Sports Leadership awards.

The course will be delivered through PowerPoint Presentation and practical sessions of teaching leadership.

The components of the Tutor Training are:

- Quality Assurance and Administration processes;
- Familiarisation of the Level 1 Sports Leadership Award;
- Familiarisation of the Level 2 Community Sports Leadership Award;
- Practical elements on Teaching Leadership;

The day will cover the general content of the qualifications, and engage delegates in both theory based and practical activity that will look at teaching leadership in greater detail. It will also cover aspects of quality assurance and assessment. During the day there will be opportunities for questions to be answered and any queries about the qualifications to be addressed.

The Tutor Training day gives new tutors the opportunity to gain an insight into the content, assessment and administration procedures of the qualifications that are most relevant to them. It is also an opportunity for experienced tutors to gain new examples of good practice, and share their own experiences. Every Tutor Training day consists of a core timetable (Sports Leadership and Community Sports Leadership) of different workshops, briefings and seminars delivered through theory and practically based sessions.

To book a place on the course, please contact our ESF coordinator Danielle Quelch [d.quelch@herts.ac.uk](mailto:d.quelch@herts.ac.uk) 01707 284229

herts  
**sports**  
partnership



## Basketball: Level 2 Coaching Certificate

Francis Bacon School, Drakes Drive, St Albans, AL1 5AR

Saturday 3 July, Sunday 4 July, Saturday 10 July, Sunday 11 July, Saturday 24 July  
(Saturdays 12.30-6.30pm, Sundays 12noon-5pm)

**Cost: £135 (including resources)**

**Age limit: 18 years and over**

**Candidates must have some experience as a player, teacher or assistant coach.**

This is the standard level of coaching qualification for all club coaches at local level. The award gives a general overview of all aspects of basketball, and a basic introduction to sports coaching.

Typically, candidates are likely to be:

- Coaches making a regular commitment to one particular team;
- Experienced players or sports students;
- Club Coach;
- School teachers;
- Level 1 Coaching Certificate holders who wish to improve their knowledge of basketball;

Candidates must complete 24 hours tutored time and undertake a practical exam, theory paper exam and complete a logbook (two training sessions and two games).

Please note this is NOT a UKCC qualification. The Herts Sports Partnership is pleased to offer this course since England Basketball reinstated the Level 2 Basketball Coaching Certificate.

To book a place on the course, please contact our ESF coordinator Danielle Quelch  
[d.quelch@herts.ac.uk](mailto:d.quelch@herts.ac.uk) 01707 284229



## Rugby Union: UKCC Level 1 Certificate in Coaching

Hertfordshire Sports Village, Hatfield Business Park, Hatfield, AL10 9EU

Wednesday 21 July (evening), Saturday 24 July, Saturday 31 July.

**Cost: £180**

The Level 1 Certificate in Coaching Rugby Union is a vocationally related qualification studying both practical and theoretical aspects of coaching rugby union.

On successful completion of the course, you should be able to:

- demonstrate an ability to safely organise and supervise rugby union activities, including small and conditioned games
- promote and establish working relationships and high standards of behaviour with players, coaches, parents and officials in the overall development of rugby union
- demonstrate an understanding of:
  - generic coaching skills
  - rugby specific coaching skills, including handling, tackling, contact & continuity, 5 'man-scrum,' and line-out throwing & support techniques
  - coach and player development
  - good practice in club management and coaching
  - health and safety
  - basic laws of the game of rugby union
- demonstrate an ability to identify and adapt rugby union activities and sessions for a variety of different age groups.

The course consists of an induction evening (Wednesday) followed by two full days (Saturdays). The course is primarily based on practical activity and you will be given several opportunities to coach and develop your coaching throughout the course.

You need to be 16 years of age or over and have attended a Rugby Ready course before you can register for the Level 1 qualification.

Induction: Wednesday 21 July 2010

Day One: Saturday 24 July 2010

Day Two: Saturday 31 July 2010

To book a place on the course, please contact our ESF coordinator Danielle Quelch [d.quelch@herts.ac.uk](mailto:d.quelch@herts.ac.uk) 01707 284229

herts  
**sports**  
partnership



# Basketball: Level 1 Coaching Certificate

Francis Bacon School, Drakes Drive, St Albans, Herts, AL1 5AR

Wednesday 28 -Thursday 29 July, 9.30am - 4.30pm

**Cost: £60 (including resources)**

**Age Limit: 16 years and over**

The role of the Level 1 coach is to: 'Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'.

Course Outcomes:

By successfully completing a Level 1 coaching qualification, coaches will be able to:

- prepare for the delivery of coaching activities
- deliver prepared activities of the coaching sessions
- evaluate the effectiveness of coaching activities
- gain knowledge and understanding of:
  - safe and ethical coaching practice
  - the types and methods of communication to establish effective working relationships with participants and others
  - methods to develop participants' performance and enjoyment
  - adapting coaching practice to meet participants' needs, their abilities and stages of development
  - the methods to evaluate coaching activities and reflect on personal coaching
  - the basic rules of the game; contact, movement and dribbling
  - introducing the techniques and basic skills of Footwork, Passing, Shooting, Dribbling, Offence and Defence
  - introducing the game to beginners

You will need to take part as both a coach and during the practical elements as a player.

Please note that this course is NOT a UKCC qualification. The Herts Sports Partnership are happy to offer this course since England Basketball recently reinstated their Level 1 Coaching Certificate.

To book a place on the course, please contact our ESF coordinator Danielle Quelch [d.quelch@herts.ac.uk](mailto:d.quelch@herts.ac.uk) 01707 284229

