

## BTEC Sport Year 12-Unit 8-Coaching for Performance

### Learning aim A

#### What skills and qualities do sports coaches need?

Skills	Qualities
<b>Rapport building</b> -Good relationship with your group	Professionalism
Organisation of session	Time keeping
<b>Diplomacy</b> -dealing with people in a sensitive way	Positive attitude
Good communication-verbal and non verbal	Positive role model
Knowledge of technical and tactical performance models	Awareness of environment
Technical	Personal appearance
1. Whole and part learning	Confident
2. Chaining	Reflective
3. Shaping	
Tactics-A plan of how to beat your opponent	Problem solver
Knowledge of a range of sports	Approachable
Planning	Empathy
Safety	

#### What is best practice for a sports coach?

Safeguarding	To protect children and young people from harm There are 4 types of abuse: Neglect Physical Emotional sexual
DBS	Disclosure and Barring service Identifies if you have a criminal record Carried out before you start working with children
Equal Opportunities	Treating everyone equally
CPD	Continued professional development National Governing Body Awards Academic qualifications
Risk assessment	A risk assessment is a document that is completed before any activity. It identifies any hazards and put methods in place to reduce the risk.
Emergency procedures	Fire evacuation Calling police or ambulance
Administration	Registration, record keeping, session plans

### Learning aim B and C

#### What is a skill?

Learned abilities that are acquired through practice

#### What is a tactic?

A plan to outwit an opponent  
E.G. Formations

#### What different types of practices can I use in my session?

Isolated	A drill with no opponent Eg dribbling through cones Passing to a partner with no defender
Conditioned	A game with specific rules Eg 5 passes before you can shoot or having to shoot in a certain area
Competitive	A game against opposition with full rules

#### What should I include in my sessions?

Health and safety	Risk assessment, medical conditions, register, first aid kit
Clear learning aims	What do you want your group to learn in your session?
Warm up	Pulse raiser, dynamic stretches, static stretches
Drill	Repetitive activity that will help them to improve
Conditioned game	A game with specific rules
Cool down	Pulse lowerer, developmental stretches

#### How can I adapt my session so that all achieve?



