



Level 2 Technical Course for Coaches

Aim: “To deliver a model program of continued professional development that allows Level 2 Coaches to develop and manage training courses which provide high quality learning environments. The emphasis will be on how to create participant focused skills mastery motivational climates, which clearly promote life long sailing habits for all sailors”

Suggested Course Contents:

Introduction to the MNA National Training Programme

- Level 2 Coach role within the MNA
- Recognized Training / Learn to sail training program guidelines
- Prior learning and experience of the candidates and how it is used on course.

Training Coaches

- Qualities of a Coach
- Coaching skills
- Level1 Coach Course planning and Organisation
- Introducing Coaches to the ‘Coaching model’ (L2C–L1C–Sailor)
- Delivery of the National Training Programme (NTP) Training Sequence
- Maintaining the level and monitoring the standards (linked to MNA guidelines) The differences between Instructing, Coaching, Teaching and Facilitating
- How does the role of the Level 2 Coach differ from the Level 1?

Learning and Coaching styles

- Learning styles exercises
- Coaching styles exercises
- Teaching aids
- Land drills
- Video and other resources
- Making theory sessions more interactive

Aims, Objectives and Outcomes



- Briefing of Level 1 Coach
- Level 1 Coach run activity with set objectives
- Level 1 Coach review with re-cap of out comes
- De-briefing of level 1 Coach by Level 2 Coach

Land Drills

- When to use them
- Making them effective for the level of the group

What they can be used for:

- Dinghy park demonstrations
- Inclement weather days
- Games (making them fun)

Use of powerboat in the Coaching environment

- Coach Boat Position ^[L]_[SEP]
- Fleet management
- Communication ^[L]_[SEP]
- Killcord usage ^[L]_[SEP]
- Awareness ^[L]_[SEP]
- Basic rescue techniques ^[L]_[SEP]

Managing a Team

- Managing individual Assistant Coaches and Level 1 Coaches
- Continual Professional Development of the Coaches at the Training establishment
- Most effective use of the Level 2 Coach
 - Positioning for best observation
 - Feedback to Level 1 Coaches
 - Running of more advanced sessions to show the 'model' session
- Standard Operating Procedures (SOP's)
- Emergency Action Plans (EAP's)
- Risk Assessments
- Session plans and Schemes of Work



	0930-1230		1330-1700
Day 1 – Mon 6th May	Introduction to course The National Training Programme and HYA Standards Who teaches what? NTP Structure	L U N C H	Qualities of a Level 2 Coach Maintaining the Level Pre-entry requirements and assessment. <i>(Practical On water sessions)</i>
Day 2 – Tue 7th May	Planning a Training Course (Weekly / Seasonal) Introduction of the 'Coaching model'		Learn to sail practical sessions with application of the 'Coaching model'. <i>(Practical On water sessions)</i>
Day 3 – Wed 8th May	SOP's, EAP's, Risk Assessment What to do and how to manage the situation.		Providing Continued Professional Development for Level 1 coaches. Mid Course review
Day 4 – Thur 9th May	Developing coaching techniques / methods for teaching advanced sailing techniques.		Advanced practical sessions  <i>(Practical On water sessions)</i> Plan for tomorrow
Day 5 – Fri 9th May	Application of 'Coaching model' to race related exercises. <i>(Practical On water sessions)</i>		End of Course review Personal Development Plans.