

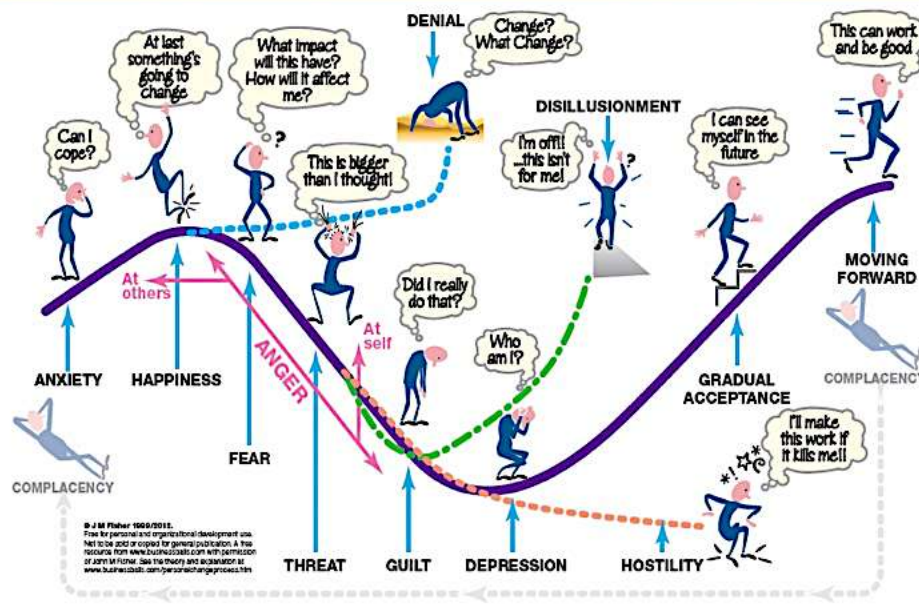
Coach Education



The Need for Change

1

The Process of Transition - John Fisher, 2012 (Fisher's Personal Transition Curve)



2



Vision, Mission, Values

The Backbone of our Decision Making

3

Vision

Excite people with a passion for our sport to become great learners and educators who are willing to promote the development of individuals that ultimately positively impacts the players.



Person Practice Play

4

Mission

Develop a powerful blend of staff and colleagues who share a vision and passion for educating the next generation of leaders in our sport for the benefit of all players, sport partners and members.



Person

Practice

Play

5

T

E

A

C

H



Person

Practice

Play

6

Values – Transparency

We will provide clear, concise and consistent information that ensures an honest and open approach to our program design, delivery, details and decisions.



Person

Practice

Play

7

Values – Excellence

We aspire to utilize and measure ourselves against world-leading practices to become the best people we can be at what we do while attending to the needs of others.



Person

Practice

Play

8

Values – **A** Accountability

We are all accountable for each coach in our program, and will support them in achieving their aspirations, in developing greater confidence and in building better relationships in a safe environment where they are valued.



Person

Practice

Play

9

Values – **C** Character

We believe in building authentic relationships; we value teamwork and we take seriously the promises we make. We are passionate, dedicated and driven to excel, and we will do the things we say we will do.



Person

Practice

Play

10

Values – Humility

People are people first. We must LISTEN, LOOK and LEARN before we can LEAD. This is accomplished by admitting mistakes, by taking time to self-reflect, by accepting other opinions and by tending to the needs of others.



Person

Practice

Play

11



Coaching Ethos (P³)

“The characteristic spirit of a culture or community as manifested in its beliefs & aspirations.”

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Coach Education Program Objectives



13

Coach Education Program Objectives



- Focus on the individual



14

Coach Education Program Objectives

- Focus on the individual
- **Focus on the learning environment**



15

Coach Education Program Objectives

- Focus on the individual
- Focus on the learning environment
- **Focus on creating a total learning environment of the collective individual needs**



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Coach Education Program Approach



- More Individual, pairings and smaller group work (video mentoring & 1on1 mentoring)
- Safe and very flexible (more than one way)

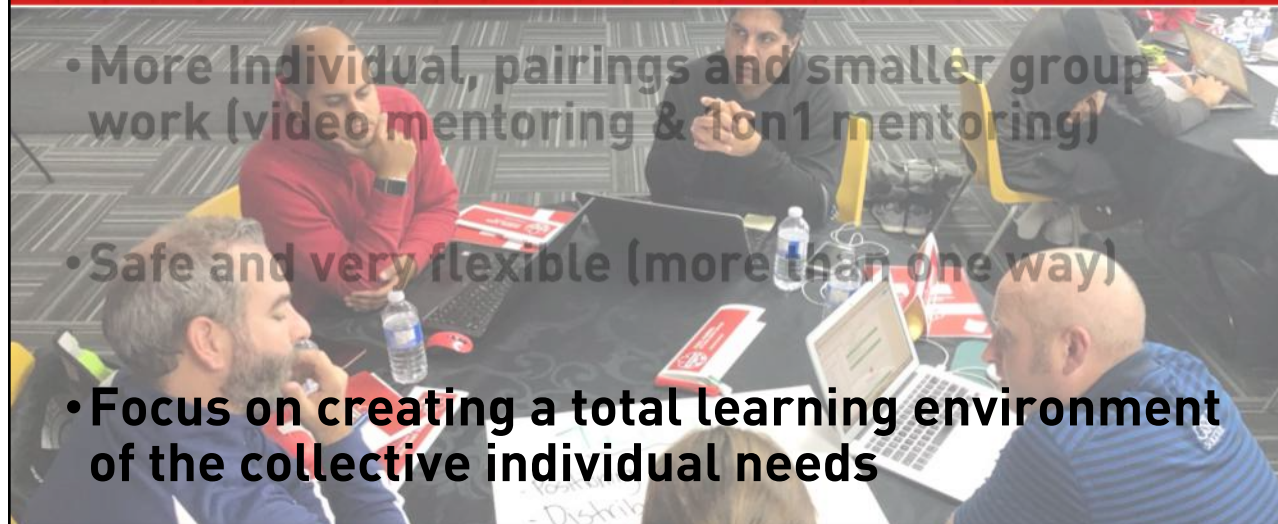


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Coach Education Program Approach



- More Individual, pairings and smaller group work (video mentoring & 1on1 mentoring)
- Safe and very flexible (more than one way)
- Focus on creating a total learning environment of the collective individual needs



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Coach Education Program Outcomes



- LF's have freedom to facilitate
- **Candidates feel freedom to fail, to improve**


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Coach Education Program Outcomes



- LF's have freedom to facilitate
- Candidates feel freedom to fail, to improve
- **Candidates Well-Being is always at forefront of all courses**


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Coach Education Additions

- Standard Processes
- Approval Processes
- Standard Forms
- Evolving Program
- Coaching Toolkit

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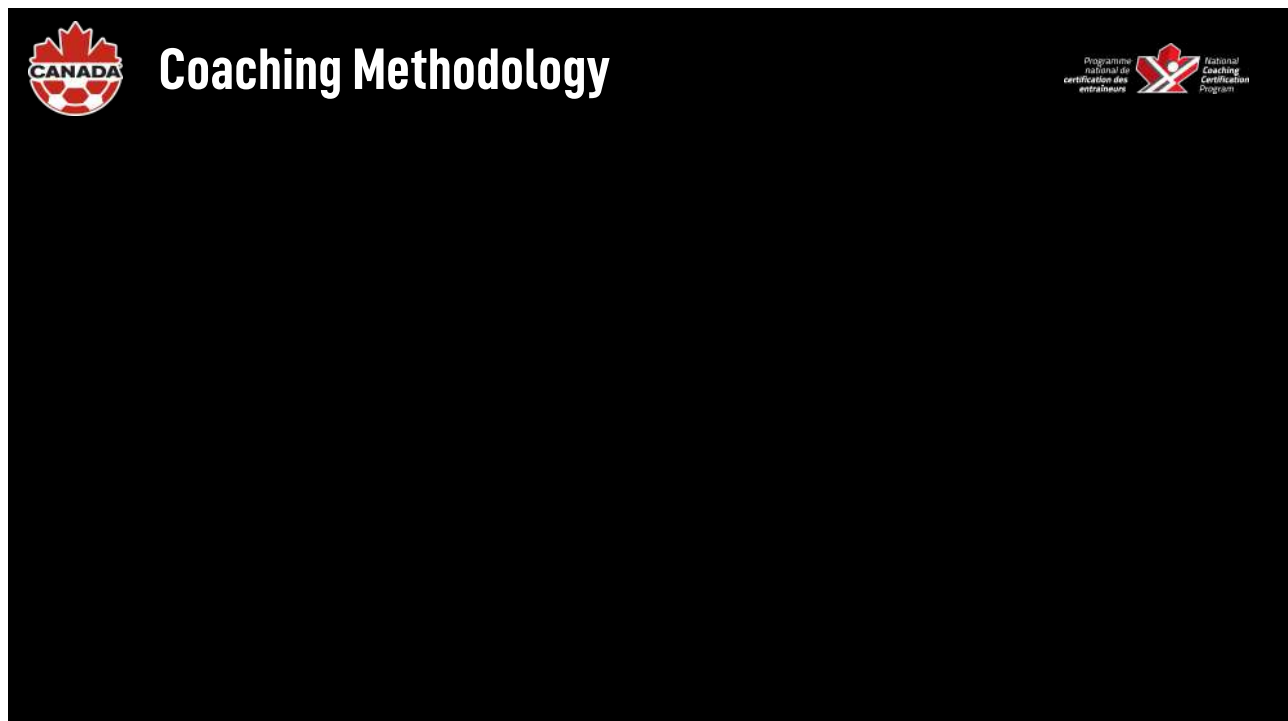
Coach Education Additions

Standard Processes	Character
Approval Processes	Competence
Standard Forms	Commitment
Evolving Program	Connect before Change
Coaching Toolkit	One Source

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27



28



Coaching Methodology



"A style of coaching where the coach takes a particular technique, skill or tactic from the 'whole' game, isolates it in a Small Sided Game and lets the players find the answers to solve the problem".

Richard Allen, 2015

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Coaching Methodology



Constraints Led Approach

"A style of coaching where the coach takes a particular technique, skill or tactic from the 'whole' game, isolates it in a Small Sided Game and lets the players find the answers to solve the problem".

Richard Allen, 2015

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Coaching Methodology




Constraints Led Approach

Reward **Relate** **Restrict**



"A style of coaching where the coach takes a particular technique, skill or tactic from the 'whole' game, isolates it in a Small Sided Game and lets the players find the answers to solve the problem".

Richard Allen, 2015


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Coaching Methodology



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Coaching Methodology




Whole – Part - Whole Malcom Knowles, 1973

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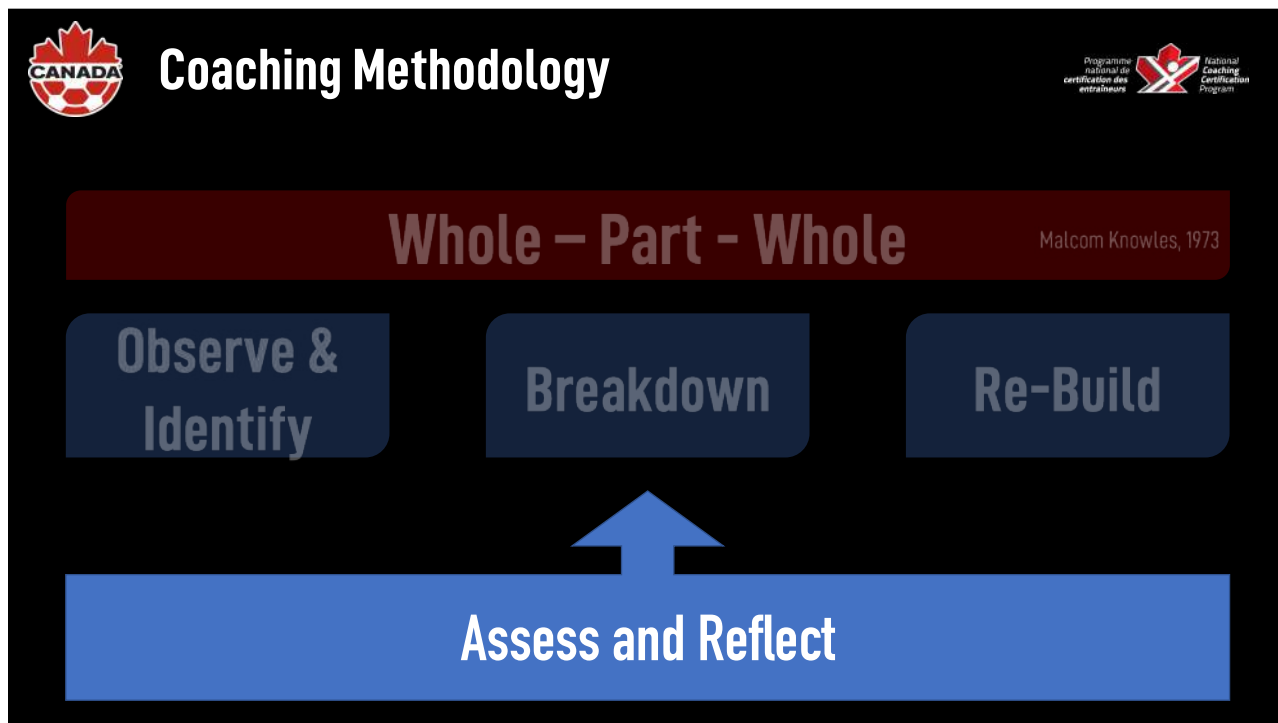
Coaching Methodology



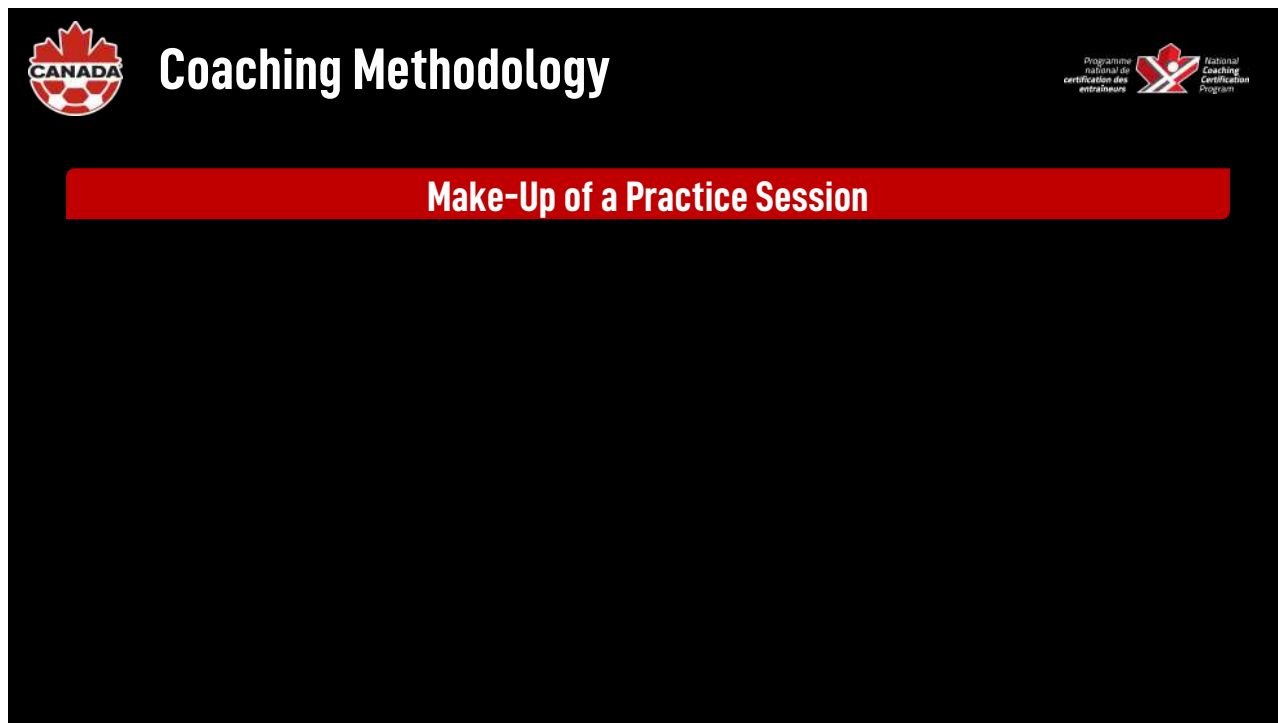
Whole – Part - Whole Malcom Knowles, 1973

Observe & Identify **Breakdown** **Re-Build**

34



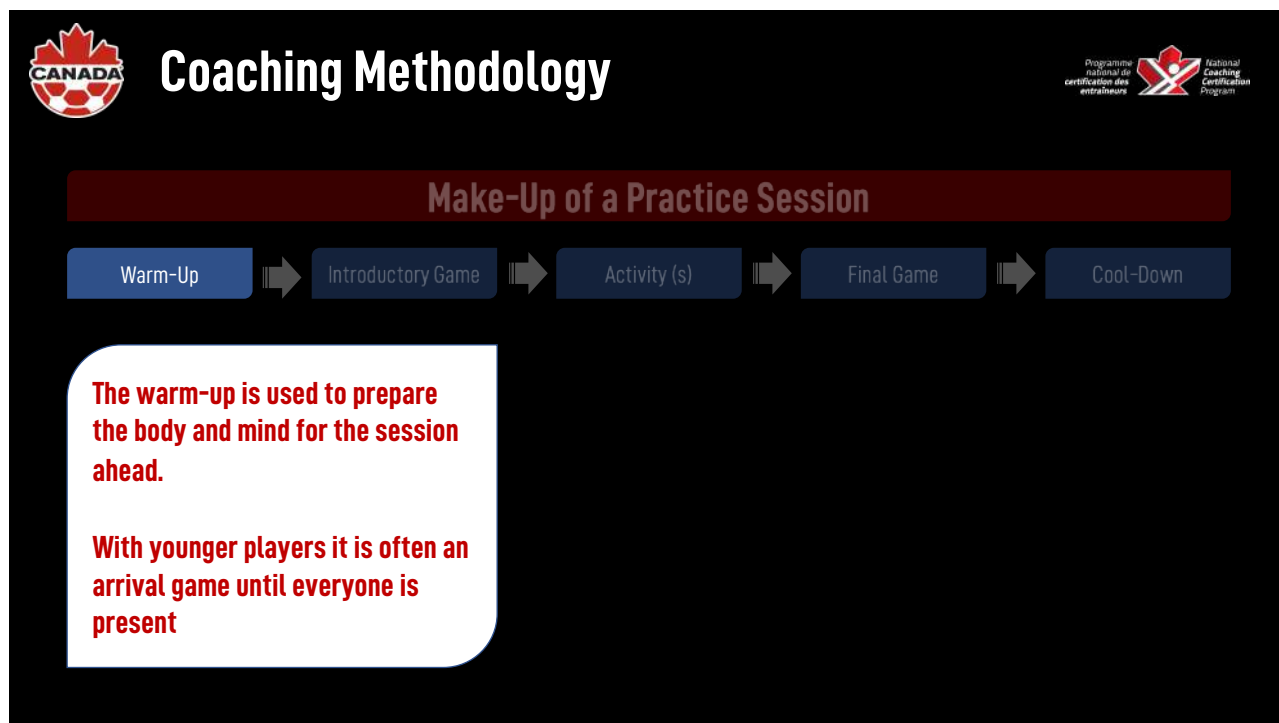
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Coaching Methodology


Make-Up of a Practice Session

Warm-Up → Introductory Game → Activity (s) → Final Game → Cool-Down



A small game version of the activity that highlights the tactical focus (4 reference points)

The coach only sets the scenario for the players to find solutions

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Coaching Methodology


Make-Up of a Practice Session

Warm-Up → Introductory Game → Activity (s) → Final Game → Cool-Down

The activity is a specific part of the game that is broken down for players.

It resembles a specific moment of a game

40



Coaching Methodology




Make-Up of a Practice Session

Warm-Up → Introductory Game → Activity (s) → Final Game → Cool-Down


The final game brings the practice session to a close. It is a real game.

It is used to allow the players to bring the session together (rebuild what was broken down) and apply what they learned.

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Coaching Methodology












Make-Up of a Practice Session



Warm-Up → Introductory Game → Activity (s) → Final Game → Cool-Down

Based on the age of the players, they will be required to cool down and look after their bodies with a variety of light movements.

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 Progression of the Practice Session 								
	Warm-up	Introduction Game	Activity	Final Game(s)	Cool Down			
Community	Free Play - Education of Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	<input type="checkbox"/>	Variety of activities based on the age of players		2v2 – 11v11 1 Game	No/Yes
C	Free Play - Education of Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	1	Variety of activities based on the age of players		1v1-9v9 1 Game	Yes
Children's	Free Play - Education of Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	1	Variety of activities based on the age of players		2v2 – 9v9 1 Game	No
Youth	Free Play & Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	1	1 activity with progressions		9v9 1 Game	Yes
B	Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	2	2 activities with progressions		8v8 – 11v11 1 Game	Yes
A	Highly Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	2	2 activities with 2 topics		9v9 – 11v11 2 Games	Yes
Pro	Extremely Structured Warm-Up	<input type="checkbox"/>	Fun game or Activity to highlight focus	2	2 groups with 1 activity & 2 SSG		11v11 1 Game	Yes

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 Practice Session Parts Focus 							
Session Part	Community	C	Children's	Youth	B	A	Pro
Warm-up	X	X	X	X	X	X	X
Introductory Game	X	X	X	X	X	X	X
Technique	X	X	X	X			X
Skill	X	X	X	X			X
Pattern of Play				X	X	X	X
Wave Pattern				X	X	X	X
Phase of Play				X	X	X	X
Functional				Dependent on age	X	X	X
SSG/Squad		X		X	X	X	X
10v8 or 11v11				X		X	X
Cool Down	DEBRIEF / X	X	DEBRIEF	X	X	X	X

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CANADA Coaching Updates

Programme national de certification des entraîneurs National Coaching Certification Program

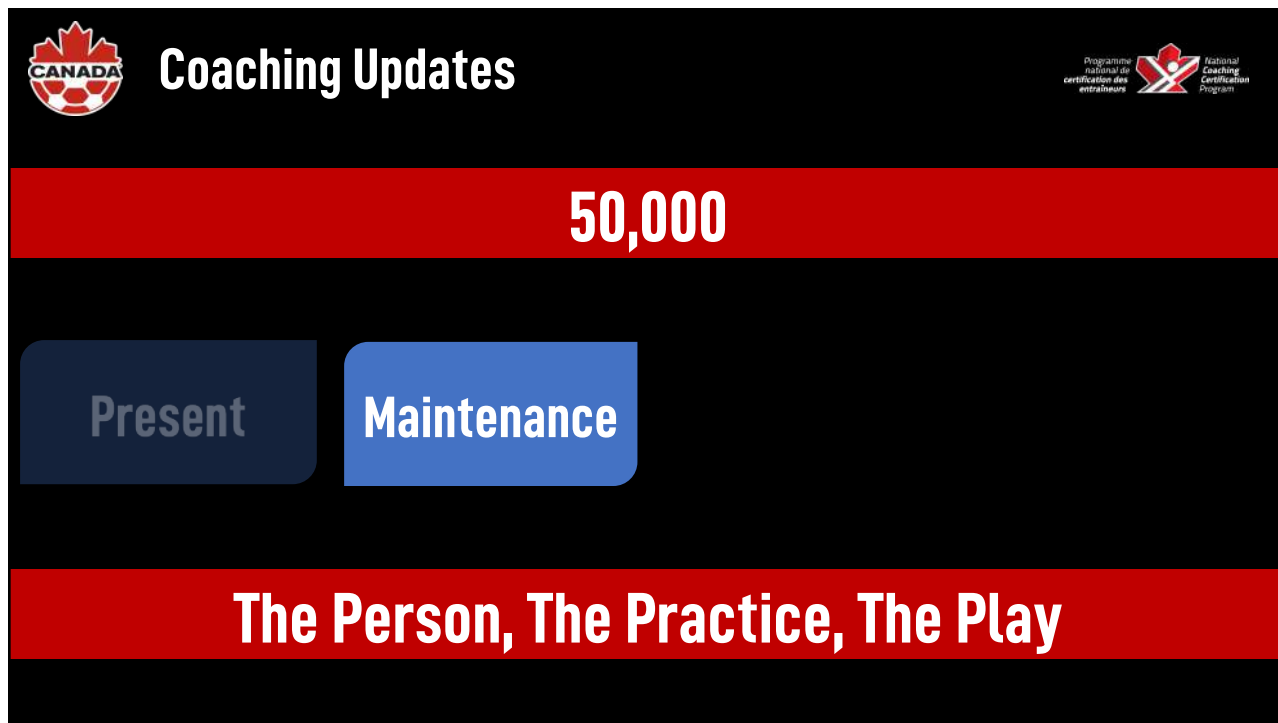
50,000

Present

The Person, The Practice, The Play

This slide features a black background with a red horizontal bar at the top containing the number '50,000'. Below this, a blue rounded rectangle contains the word 'Present'. At the bottom, another red horizontal bar contains the text 'The Person, The Play'.

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CANADA Coaching Updates

Programme national de certification des entraîneurs National Coaching Certification Program

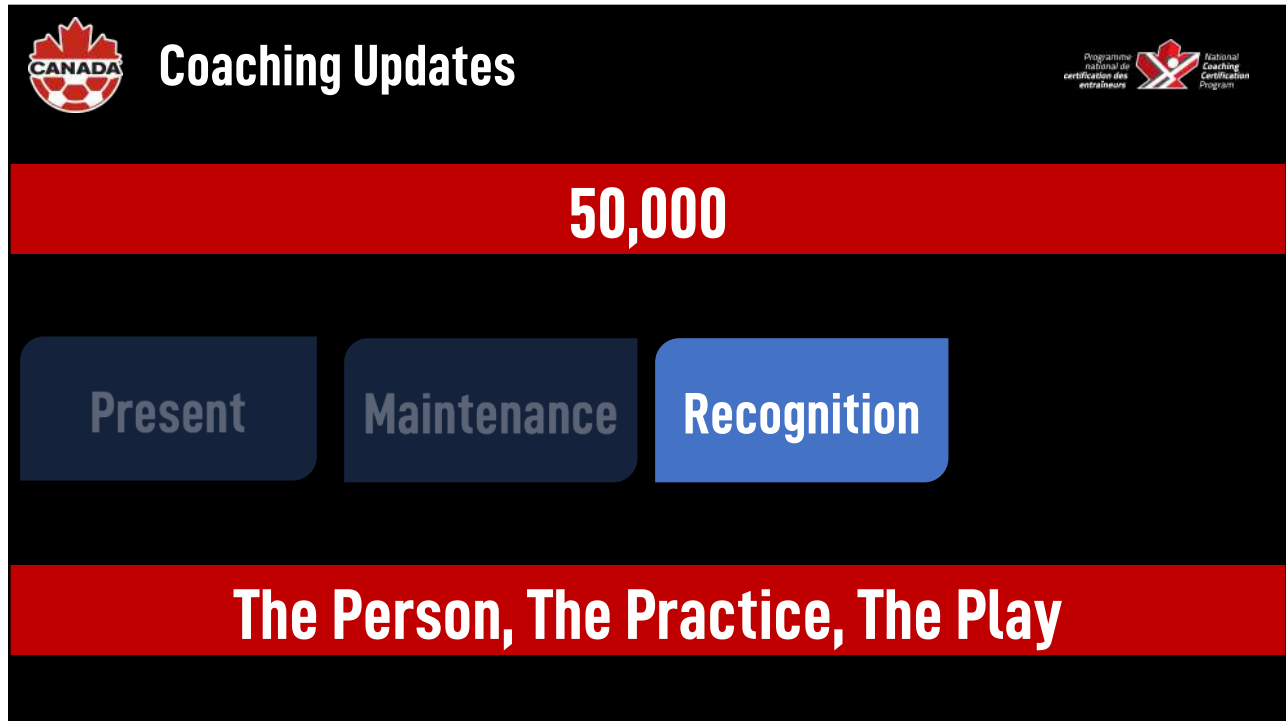
50,000

Present **Maintenance**

The Person, The Practice, The Play

This slide features a black background with a red horizontal bar at the top containing the number '50,000'. Below this, two blue rounded rectangles are positioned side-by-side, containing the words 'Present' and 'Maintenance'. At the bottom, a red horizontal bar contains the text 'The Person, The Practice, The Play'.

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CANADA **Coaching Updates**

Programme national de certification des entraîneurs **National Coaching Certification Program**

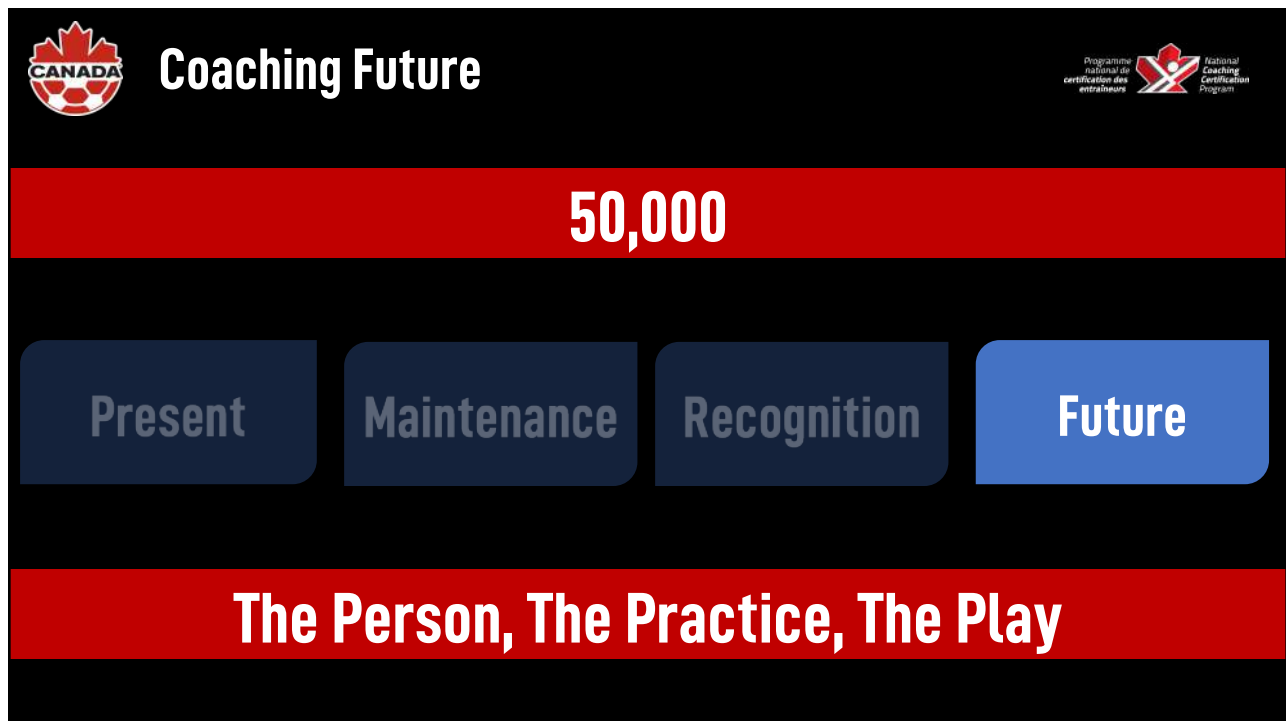
50,000

Present Maintenance **Recognition**

The Person, The Practice, The Play

This slide features a black background with a red horizontal bar at the top containing the number '50,000'. Below this bar are three rounded rectangular buttons: 'Present' and 'Maintenance' are dark blue, while 'Recognition' is a lighter blue. At the bottom, another red horizontal bar contains the text 'The Person, The Practice, The Play'. Logos for 'CANADA' and the 'National Coaching Certification Program' are in the top corners.

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CANADA **Coaching Future**

Programme national de certification des entraîneurs **National Coaching Certification Program**

50,000

Present Maintenance Recognition **Future**

The Person, The Practice, The Play

This slide features a black background with a red horizontal bar at the top containing the number '50,000'. Below this bar are four rounded rectangular buttons: 'Present', 'Maintenance', and 'Recognition' are dark blue, while 'Future' is a lighter blue. At the bottom, another red horizontal bar contains the text 'The Person, The Practice, The Play'. Logos for 'CANADA' and the 'National Coaching Certification Program' are in the top corners.

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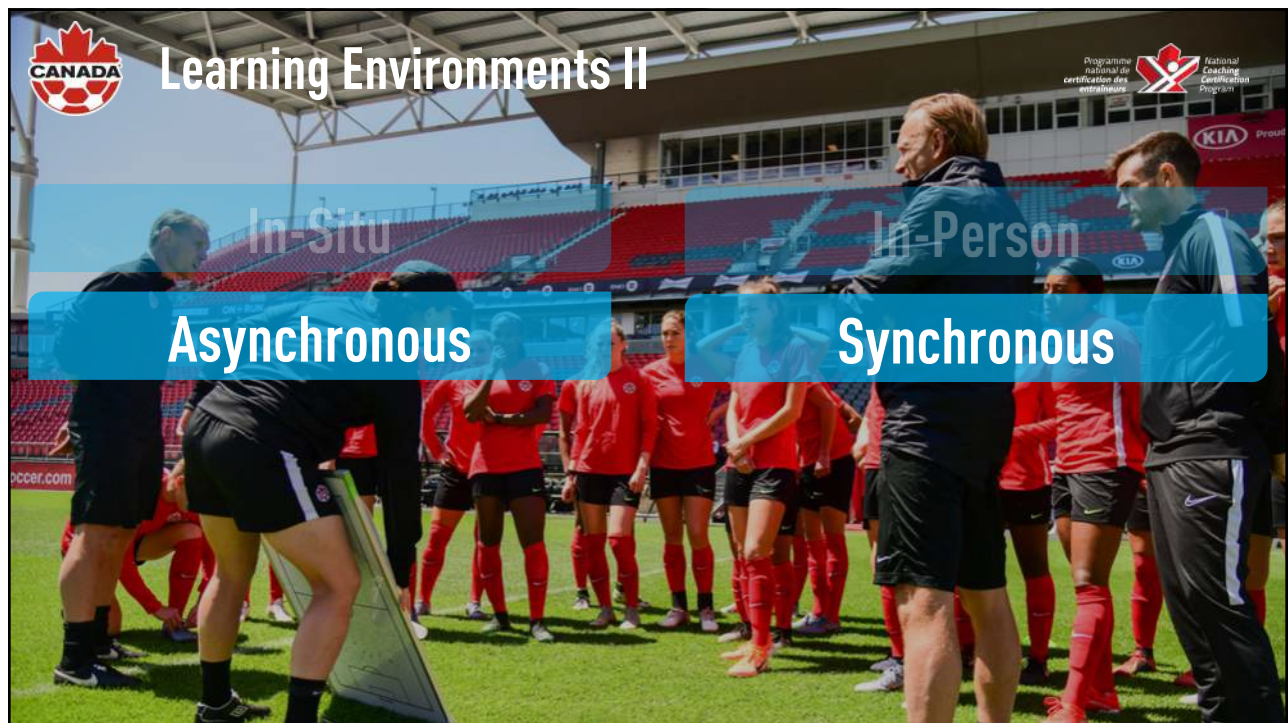
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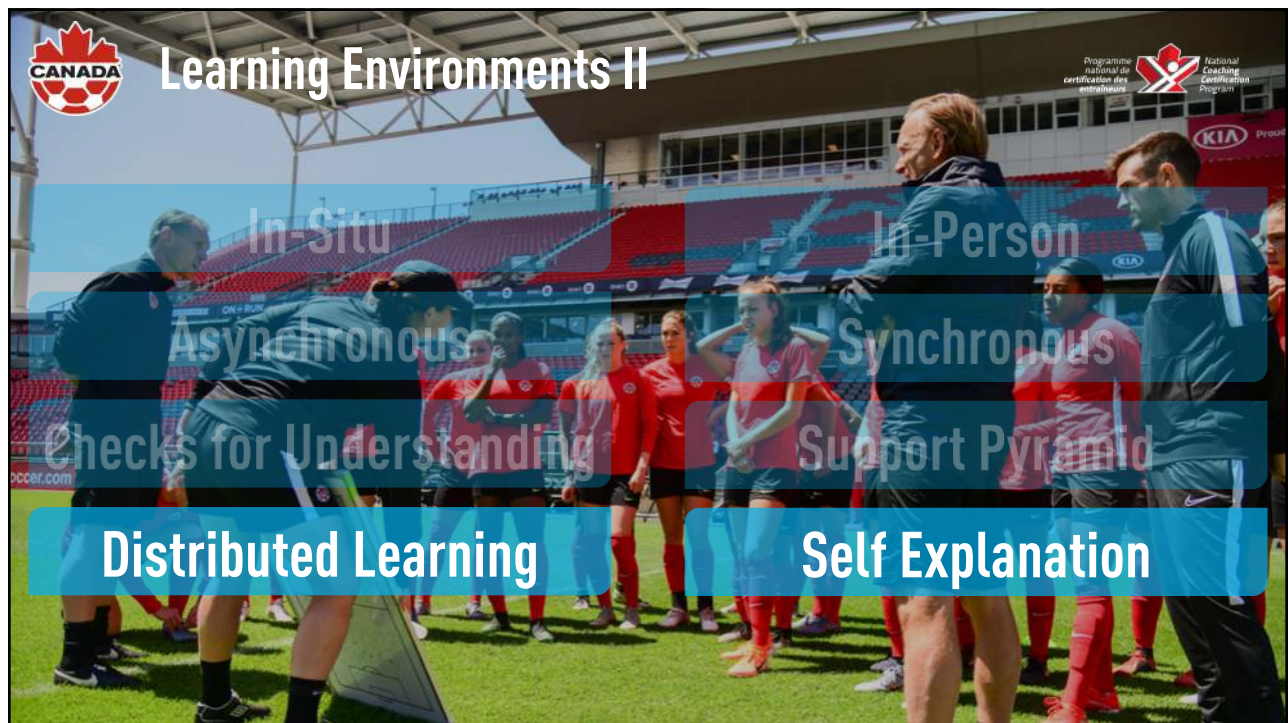
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Learning Environments II

Programme national de certification des entraîneurs / National Coaching Certification Program

In-Situ **In-Person**

Asynchronous **Synchronous**

Checks for Understanding **Support Pyramid**

Distributed Learning **Self Explanation**

Inter-leaved Practice **Elaborative Discussions**

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How do we get there?

Programme national de certification des entraîneurs / National Coaching Certification Program

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CANADA National Overhaul – The Plan

Programme national de certification des entraîneurs National Coaching Certification Program

Provincial Undertaking

- 1 Review & Remove
- 2 Recruit & Revive

This slide features a scenic background of a winding road through a mountain valley. It includes the Canadian flag logo, the title 'National Overhaul – The Plan', and logos for the 'Programme national de certification des entraîneurs' and 'National Coaching Certification Program'. The main heading is 'Provincial Undertaking'. A numbered list on the left shows '1 Review & Remove' and '2 Recruit & Revive'.

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CANADA National Overhaul – The Plan

Programme national de certification des entraîneurs National Coaching Certification Program

Provincial Undertaking

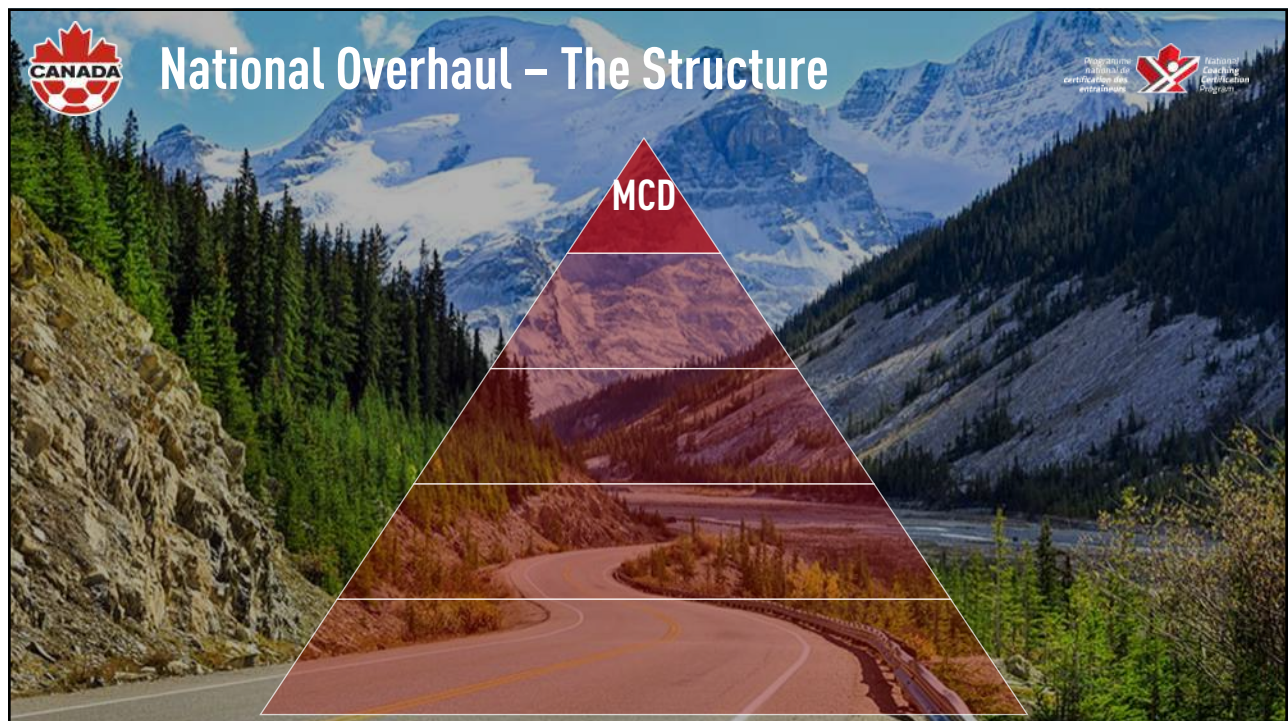
- 1 Review & Remove
- 2 Recruit & Revive
- 3 Retain & Redevelop

This slide features the same scenic background as slide 67. It includes the Canadian flag logo, the title 'National Overhaul – The Plan', and logos for the 'Programme national de certification des entraîneurs' and 'National Coaching Certification Program'. The main heading is 'Provincial Undertaking'. A numbered list on the left shows '1 Review & Remove', '2 Recruit & Revive', and '3 Retain & Redevelop'.

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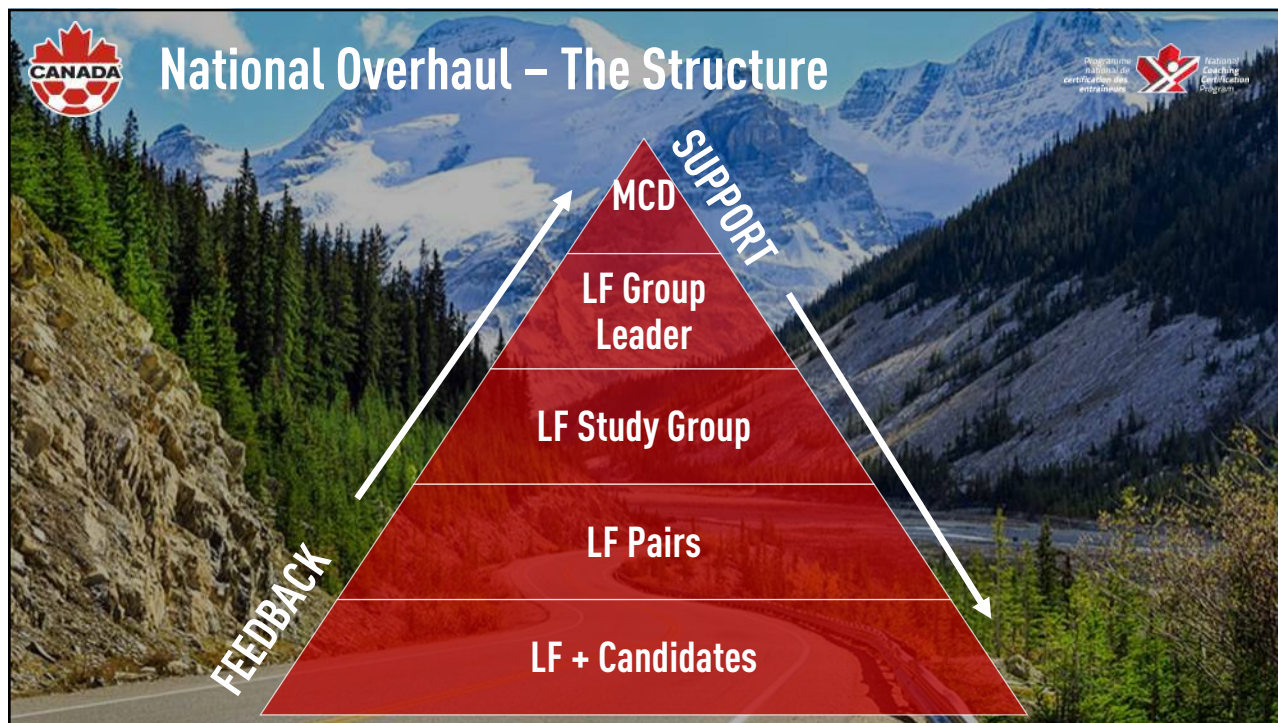
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Thank you for your time