

Netball UKCC Coach Education Programme Level 2 Coach Qualification

*(upgrade course for previously awarded
England Netball level 2 coaches)*

Course Information Pack

Netball UKCC = Netball Scotland / Welsh Netball / England Netball

Introduction

The following pages will give you a clear overview of the new Netball Level 2 qualification, its content and how it is assessed.

What is the UKCC? What are the benefits and why the change?

We have developed the UKCC for Netball to provide our players and coaches with the following advantages:

- The Netball UKCC at Levels 1, 2 and 3 are recognised qualifications that will sit on the National Qualifications Framework and will be comparable with other qualifications
- The qualifications will meet the UKCC endorsed quality standard
- The qualifications have been designed to meet the needs of our coaches and vitally our players at the appropriate level
- The length of the courses are appropriate to ensure we train our coaches effectively and offer better support
- Assessments have been integrated into the courses where appropriate to meet the needs of our coaches
- The coach tutors, assessors and verifiers are fully trained and accredited to deliver the best quality course and learning environment
- A clearer coach pathway with increased opportunities for personal and career development
- Provides a benchmark for employers and deployers
- Supports coaches to develop 'core' coaching skills to support their players

Overview of the UKCC Level 2 coaching qualification

Role of a Level 2 coach

The UKCC aims to support coaches to develop the 'how to coach' skills. This means that we need to be clear about the role that coaches fulfil, how long the coaching programme lasts and what kind of knowledge, skills and experience coaches need to fulfil their role.

The UKCC is split into four levels and are described as follows:

Level	What the qualified coach will be able to do:
Level 4	Design, implement and evaluate the process and outcome of long-term/specialist coaching programmes
Level 3	Plan, implement, analyse and revise annual coaching programmes
Level 2	Prepare for, deliver and review coaching session(s). This will normally be a series of 6-10 coaching sessions in any one sequence
Level 1	Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision

The Netball learning programmes at each level have been designed to help you fulfil the roles above.

The role of the Level 2 coach is to:

'Prepare for, deliver and review coaching sessions'

By successfully completing a Level 2 coaching qualification, as part of a UKCC endorsed coach education programme, coaches will be able to:

- **plan a series of coaching sessions**

To do this, coaches must be able to:

- review participants' needs
- produce plans for a series of sessions that support participants' development
- plan for an evaluation of the series of sessions

- **prepare the coaching environment for the delivery of coaching sessions**

To do this, coaches must be able to:

- establish a safe coaching environment
- prepare participants for the series of coaching sessions

- **deliver a series of coaching sessions to develop participant's performance**

To do this, coaches must be able to:

- establish and maintain working relationships with participants and others
- deliver coaching sessions
- develop participants' performance
- conclude sessions

- **monitor and evaluate coaching sessions and personal practice**

To do this, coaches must be able to:

- evaluate participants' performance and the effectiveness of sessions
- monitor personal coaching practice

Knowledge and understanding of Level 2 qualifications

Coaches must have the knowledge and understanding of:

- safe and ethical coaching practice
- the welfare of participants during coaching sessions and within the coaching environment
- the types of communication and methods of communication to establish effective working relationships with participants and others
- managing the coaching environment to encourage behaviour and practice that supports the safe and effective development of participants
- the types of information and sources of information required to inform the planning of coaching sessions
- dealing with injuries and illness, health and safety requirements and emergency procedures associated with coaching sessions
- the techniques and skills of a sport
- the tactical aspects of a sport
- the rules of a sport
- the physical fitness components of a sport and the training principles and methods to develop participants' performance
- nutritional requirements for healthy living and physical activity
- skill acquisition, learning styles and the methods to improve learning
- the methods to modify and adapt coaching sessions to meet participants' needs, abilities and stage of development
- sources of information and methods to evaluate coaching sessions and the coaching process
- the methods to reflect and improve personal coaching practice

The Level 2 Qualification

In recognition of your previous Netball coaching award(s) and competence, England Netball have 'mapped' the new UKCC qualification against the previous England Netball Level 2 Coach Award. This results in a shorter course to attend but the assessment criteria and requirements are exactly the same as the full UKCC Level 2 qualification.

Eligibility for the Level 2 Upgrade Qualification

You must have attended the old England Netball Level 2 Coach Award in full and have been deemed competent. You should have your certificate and/or coach card to prove this.

The other pre-requisite requirements also apply, those being:

- have attended (prior to completion of the course) a recognised Child protection/Duty of care training course
- have attended (prior to completion of the course) a recognised Emergency 1st Aid course

And these must be sent with your application form to England Netball's head office for verification.

Length and Content of the Level 2 Upgrade Qualification

The length of the qualification is 1 day contact time, which includes your internal and independent assessment.

The day is made up as follows

Time	Module	Outcomes	Lead
9.00	Module A 15 mins	<ul style="list-style-type: none">• meet other coaches and tutors• describe the structure of the course• Review What to and How to Coach pre-course work	Tutor
9.15	Module B 30 mins	<ul style="list-style-type: none">• conduct a risk assessment of a venue• identify players' readiness to take part• state the safety checks for a venue• Make a hall safe to start netball• Incorporate dynamic mobility in warm-up	Tutor
9.45	Module C 30 mins	<ul style="list-style-type: none">• Lead fundamental movements providing a demonstration• Coaches should organise the group effectively and explain• Provide coaching points for the movement skills within the activities	Tutor

10.15	Module D 60 mins	<ul style="list-style-type: none"> • Identify a practice to promote decision-making & spatial awareness • Identify when the different coaching styles can be used in a practice • Explain the importance of questioning to promote decision-making 	Tutor
11.15	Break 15 mins		
11.30	Module E 30 mins	<ul style="list-style-type: none"> • Coach static shooting • Describe the rules associated with shooting • Identify and correct typical shooting technique faults • Coach stepping forward, to side and back to take a shot • Observe, analyse, generate feedback 	Tutor
12.00	Module F 30 mins	<ul style="list-style-type: none"> • Identify how attacking and defending principles apply to game play • Set-up attacking and defending strategies from set-plays. 	Tutor
12.30	Lunch Break 30 mins		
13.00-17.30	Internal and External Assessments		Assessors

Frequently Asked Questions

How long does the course last?

1 day attendance is required at the course itself. There is also a reasonable amount of pre-course work to do and this will be sent with your booking confirmation along with a timetable for this work to be completed.

What is the Timing of the course?

9.00am – 6.00pm

Will I need to bring my own refreshments?

Yes, please bring lunch, any snacks you may require and plenty to drink.

Do I need to be actively involved in the course?

Yes, you will need to take part as both a coach and, during the practical elements, as a player. If you have any concerns or questions about this please contact us at emmaw@englandnetball.co.uk.

Does the course include assessment?

Yes, your course will include assessments, however, the assessments are not pass or fail situations. The aim of assessment within these qualifications is to assess your competency as you develop your skills. This will be at different stages along your course according to your individual ability and readiness. Assessments can be retaken if necessary (additional charges may apply).

The course has been designed to support your learning of which assessment is just one part of this.

Will I be assessed in the same way as the full UKCC Level 2 Netball Qualification?

Yes, the qualification criteria and competency must remain the same – we are simply recognising your previous awards and competence which, along with the course and coach resources, should allow you to meet the same assessment competence as coaches attending the full 5-day course.

Does the course include resources?

Yes, you will receive exactly the same resources, candidate pack and Netball DVD so you benefit from the full pack of resources.

Will I be qualified as a UKCC Netball Level 2 Coach?

Yes, you will be registered with 1st4sport Qualifications, Netball's Awarding Body, and once assessed as competent will receive your qualification certificate and be added to both the Netball and Awarding Body databases.