ISAF Level 2 Technical Course for Coaches

Aim:

“To deliver a model programme of continued professional development that allows existing Level 1 Coaches to develop standardised training courses for use within Sailing Clubs / Training Centres recognized or accredited by the MNA National Training Programme. The Level 2 Coaches will learn the skills required to manage Level 1 Coaches and oversee training at their club and/or region”

THIS COURSE WILL NOT RESULT IN THE COACH CANDIDATES RECEIVING AN ISAF QUALIFICATION

Suggested Course Contents:

• **Introduction to the MNA National Training Programme**
  - Level 2 Coach role within the MNA National Training Programme
  - ISAF ‘Recognized Training’ accreditation and Coaching Framework
  - Recognition of Prior learning and experience of the candidates and how it is used on the Level 2 course.

• **Personal sailing**
  - Assessment of personal sailing standard (pre-entry skills from Level 1 Course)

• **Management / Coaching skills**
  - Qualities of a Coach
  - Coaching skills
  - Course planning and Organisation
  - Introducing Coaches to the 3 part ‘Coaching Model’ (Level 2 – Level 1 – 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 the role of the Level 2 Coach differs from the Level 1

• **Learning and Coaching styles**
  - Learning styles exercises
  - Coaching styles exercises
  - Teaching aids (related to practical / theoretical sessions)
  - Land drills (simulators)
  - Video coaching and other useful resources
  - Making theory sessions more interactive and engaging

• **Aims, Objectives and Outcomes**
  - Briefing of Level 1 Coaches / volunteers
  - Observing and recording Level 1 Coach run activity with set objectives
  - De-briefing of level 1 Coach by Level 2 Coach
• **Land Drills (simulators)**
  
  o When to use them
  o Making Land-drills effective for the level of the group
  o What they can be used for:
    - Dinghy park demonstrations
    - Adverse weather days
  o Games (making them fun)

• **Use of coach / power boat in the water-based environment**
  
  o Coach / Power Boat Position
  o Fleet management (boats and sailors)
  o Effective communication
  o Kill cord usage (mandatory)
  o Awareness of other water users / conditions
  o Basic safety techniques / manoeuvres

• **Managing a Team**
  
  o Continual Professional Development of the Coaches at Centre / Club level
    - Positioning for best observation of activities
    - Feedback to Assistant / Level 1 Coaches / Volunteers
    - Development of more advanced skills using the ‘model’ session
  o Standard Operating Procedures (SOP’s)
  o Emergency Action Plans (EAP’s)
  o Risk Assessments, Session Plans and Schemes of Work

### Suggested 5 day Course Plan:

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction to course  The National Training Programme and ISAF Standards</td>
<td>Qualities of a Level 2 Coach Maintaining the Level Pre-entry requirements and assessment</td>
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<tr>
<td>2</td>
<td>Planning a Level 1 Course Introduction of the ‘Coaching model’</td>
<td>Level 1 Course practical sessions with application of the ‘Coaching model’</td>
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<tr>
<td>3</td>
<td>SOP’s, EAP’s, Risk Assessment What to do and how to manage the situation.</td>
<td>Level 1 Course practical sessions with application of the ‘Coaching model’ Mid-Course de-briefs</td>
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<tr>
<td>4</td>
<td>Discussion groups Seamanship, Spinnakers and advanced skills.</td>
<td>Level 1 Course practical sessions with application of the ‘Coaching model’ Who teaches what. NTP Structure</td>
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