ISAF Level 2 Technical Course for Coaches

Aim:

“To deliver a model programme of continued professional development that allows Level 2 Coaches to develop standardised training courses for Level 1 Coaches within the National Sail Training Programme.”

Suggested Course Contents:

• **Introduction to the MNA National Training Programme**
  - Level 2 Coach role within the MNA
  - ISAF Recognized Training / LSTP guidelines
  - Prior learning and experience of the candidates and how it is used on course.

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

• **Training Coaches**
  - Qualities of a Coach
  - Coaching skills
  - Level 1 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 outcomes
  - 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
  o Coach Boat Position
  o Fleet management
  o Communication
  o Kill cord usage
  o Awareness
  o Basic rescue techniques

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

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 &lt;br&gt;The National Training Programme and ISAF Standards</td>
<td>Qualities of a Level 2 Coach &lt;br&gt;Maintaining the Level &lt;br&gt;Pre-entry requirements and assessment</td>
</tr>
<tr>
<td>2</td>
<td>Planning a Level 1 Course &lt;br&gt;Introduction of the ‘Coaching model’</td>
<td>Level 1 Course practical sessions with application of the ‘Coaching model’</td>
</tr>
<tr>
<td>3</td>
<td>SOP’s, EAP’s, Risk Assessment &lt;br&gt;What to do and how to manage the situation.</td>
<td>Level 1 Course practical sessions with application of the ‘Coaching model’ &lt;br&gt;Mid Course de-briefs</td>
</tr>
<tr>
<td>4</td>
<td>Discussion groups &lt;br&gt;Seamanship, Spinnakers and advanced skills.</td>
<td>Level 1 Course practical sessions with application of the ‘Coaching model’ &lt;br&gt;Who teaches what? NTP Structure</td>
</tr>
<tr>
<td>5</td>
<td>Application of ‘Coaching model’ to race related exercises.</td>
<td>End of Course de-briefs. &lt;br&gt;Personal Action Plans.</td>
</tr>
</tbody>
</table>