

ECB Coaching Assistant Award (UKCC 1) - New Award course due to be delivered in September, by Jason Weaver.

Jason Weaver, ECB Coach Development Manager, communicates an overview of the new ECB Coaching Assistant Award course (UKCC 1), which was piloted during May 2005, and will be delivered nationally in September 2005.

UKCC1 Coaching Assistant Course

The pilot of the UKCC1 Coaching Assistant course was launched in May. The course is aimed at attracting beginner coaches who will be able to 'assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'. This role may include running warm ups, cool downs, small sided games and small group work. The course is essentially designed for parents and volunteers starting on the coaching pathway.

The course is 15 hours long and counties may decide to run the programme over 2 ½ days or as a series of five 3 hour modules. The latter approach could enable course organisers to run sessions in the evening. It is important that there is opportunity for coaches between modules to reflect on their coaching performance and therefore course organisers should consider this when planning programmes. Coaches will also need sufficient time to read through resources and to act upon any feedback given on the course.

Prerequisites for the coaches on the course will include the following:-

- Attendance on a First Aid course,
- Attendance on a Child protection course (which may be provided as a distance learning package)
- CRB clearance

All these are felt to be a necessity as there will be occasions when the Coaching Assistant may be coaching unsupervised.

Resources will be provided to supplement the programme and it is proposed that these will include a DVD or CD ROM that will contain an edited version of 'Wings to Fly'. This will introduce the LTAD principles, some examples of best practice group coaching, motivational footage for reasons to coach and live examples of technical demonstrations.

Additional resources include a new set of coaching cards. These will contain information on warm ups, cool downs and a number of games that will provide the Coaching assistant with a wide range of enjoyable and structured activities. Discussions are also underway as to what support we can provide online to our coaches attending coach education courses in order to provide extra support for the coach.



Jason Weaver

A key emphasis on the course will be to enable coaches to start developing their coaching skills in small group work. A key requirement will be to help them to set up and organise enjoyable and safe activities and practices. Setting the right learning climate as a coach is seen as vital at all levels and valuable time is spent throughout the course considering how we may do this. Coaches will be encouraged to think about how to make sessions fun ensuring that children can enjoy their first experience of cricket.

As well as using games to promote learning the course focuses on how coaches can introduce and develop technical skills. Coaches will also be encouraged to consider the following when running sessions:-

- Are players safe?
- Are players involved and motivated?

This will assist coaches in deciding when to intervene and also what to do to modify or adapt the game to meet players' needs. Guidelines on how we close a session as coach are also highlighted. The final section of the course enables coaches to practice small group sessions in preparation for assessment day. This assessment will be a group coaching session with peers.

In accordance with themes underpinning ECB coach education, the programme will be coach centred with several opportunities to practice in small groups. The UKCC 1 Coaching Assistant course will aim to set solid foundations whilst ensuring that beginner coaches are equipped to provide players with enjoyable experiences when playing cricket.



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