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# Level One Assistant Coach Course Outline

## Course Structure

**Title:** IJA Assistant Coach **Accrediting Body:** IJA / Sport Ireland Coaching **Level:** 1

The course covers 6 areas of coaching which will allow the assistant coach to provide specific assistance to players in those areas.

The following is a brief overview of the modules and what you can expect to learn during the course:

* Module 1 History and Evolution of Judo
  + Unit 1: History and Evolution of Judo
* Module 2 Coaching, Roles, Styles, Values and Ethics
  + Unit 1: Coaching Roles, Styles and Responsibilities
  + Unit 2: Coaching Guidelines, Conduct and Ethics
* Module 3 Health and Safety
  + Unit 1: Dojo and Tatami Safety
  + Unit 2: Hygiene
  + Unit 3: Preventing and Reducing Injuries
  + Unit 4: Dealing with Sports Injuries
* Module 4 Coaching Practice and Performance
  + Unit 1: Principles of Effective Coaching
  + Unit 2: FUNdamental of Movement
  + Unit 3: Plan Delivery Review
  + Unit 4: Basic Technique and Instruction
  + Unit 5: Class Organisation and Supervision
  + Unit 6: Coaching Players with Disabilities
* Module 5 Judo Rules and Etiquette
  + Unit 1: Etiquette
  + Unit 2: Judo Rules
* Module 6 Self Talk and Visualisation
  + Unit 1 Self Talk and Visualisation Final

## Learning Approach

The IJA Sport Ireland Level One Coaching course has a blended learning approach with some course content being delivered online while other areas of the course are delivered on the mat and in a classroom environment.

## Learning Outcomes

The aim of the course is to provide assistant coaches with the ability to introduce participants to the sport of Judo in a safe, enjoyable and progressive way. The assistant coach will have an all-round ability on which participants will base future involvement in the sport of Judo.

## Assessment Requirements:

The assessment requirements are as follows:

1. Online questions (to be completed between 1st weekend and 2nd weekend)
2. Portfolio (to be completed between 1st weekend and 2nd weekend)
3. Practical demonstration on delivering a training session (Weekend 2)

## Important Information for Pre-Registration

1. Judoka must hold a grade of Blue belt (2nd KYU) or above.
2. Judoka must be over 18 years of age.
3. Completed forms must be returned to IJA office with payment to secure your place on the course.  **Note:** The following points 4-7 are pre-requirements for certification - all course participants must provide original or copies of certification to the IJA office by the end of the course. The links below will allow you to contact the relevant organisations and arrange training and certification.
4. NVB E Invitation Form must completed & submitted to the IJA Judo Office prior to the 19th April 2020. Please email: [admin@irishjudoassociation.ie](mailto:admin@irishjudoassociation.ie) for the NVB E Invitation Form or see <https://irishjudoassociation.ie/policies-forms/>
5. Safeguarding 1 Certificate must be provided by end of course (19th April 2020) with valid future date of at least 3 months – please see the following link to register with your Local Sports Partnership to obtain your certificate.

See: ​<https://shar.es/1FNObt>

1. First Aid Certificate must be provided by end of course (19th April 2020) with valid future date of at least 3 months - please see the following link to register

<http://www.redcross.ie/first-aid-training/>

<http://www.orderofmaltaireland.org/first-aid-training-courses/>

<http://www.stjohn.ie/>

Resus First Aid email: [resusfirstaidireland@gmail.com](mailto:resusfirstaidireland@gmail.com) **contact Ray Stears**

Croke Training Services Galway email: [finolacroke@yahoo.com](mailto:finolacroke@yahoo.com) or 087-900010

1. The course fee is non-refundable for cancellation within 14 days of the course start date. Places are limited, so please book early.

NB Apply for your NVB E Invitation, Safeguarding 1 Certificate & First Aid Certificate at an early stage to ensure no delays nearer certification time.

# Level One Coaching Course Registration Form

## Course Details

|  |  |
| --- | --- |
| **Course Title:** | Assistant Coach Level 1 |
| **Duration:** | 4 days over two weekends. |
| **Dates: -** |  |
| **Weekend 1** | 29th February & 1st March 2020 |
| **Weekend 2** | 18th & 19th April 2020 |
| **Venue:** | Stewarts Sports Centre, Waterstown Avenue, Palmerstown Lower, Dublin D20 A306 |
| **Host Province:** | Leinster |
| **Course Fee:** | €200 (includes lunch) |
| **Closing Date:** | CLOSING DATE for registration before Wednesday 26th February 2020 |

## Payment Options

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| --- | --- | --- |
|  | **(Tick Box)** |  |
| **Cheque or Postal Order** |  | Payable to ‘Irish Judo Association’ |
| **Paypal** |  | To members@irishjudoassociation.ie |
| **Lodge funds to IJA Account-** |  | Account Name: Irish Judo Association |
|  |  | **Bank Name:** Bank of Ireland  ***IBAN:*** *IE88 BOFI 9005 1956 3348 35*  ***BIC:*** *BOFIIE2D*  ***Narrative:*** *‘Your Name & IJA10021’* |

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| Personal Details (required for certification)  |  |  |  |  | | --- | --- | --- | --- | | **Name:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Date of Birth:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | **Address:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | **Club:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **IJA License Number:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | **Grade:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Mobile Number:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |

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| **Dietary Requirements:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

**Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*\*\*Full Daily Schedule will be provided after registration has closed, but please be mindful that participants should note registration times & start times will be as early as 9.30am each day and finish no earlier than 5pm each day\*\*\***