



## Level One Assistant Coach Course Outline

### Course Structure

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

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

Module 2 Coaching Roles, Styles, Values and Ethics

Module 3 Health and Safety

Module 4 Coaching Practice and Performance

Module 5 Judo Rules and Etiquette

Module 6 Self Talk and Visualisation

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

### Assessment Requirements:

The assessment requirements are as follows:

1. Portfolio (to be completed and submitted for grading by the start of weekend 2)
2. Practical demonstration on conducting a training session (day 3/4)
3. Online Moodle questions (to be completed between 1<sup>st</sup> weekend and 2<sup>nd</sup> weekend)

### Course Coach Developer:

Our team of friendly, qualified, and competent coach developers will deliver the course content in a practical, relaxed, and interactive way. The coach developer will give guidance and support to the participant during the course - this is done on a one-to-one basis or in a group setting.



## Important Information for Pre-Registration

1. Judoka must hold a grade of Blue Belt – 2<sup>nd</sup> KYU or above & hold their IJA licence for 2024.
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.
4. The course fee is non-refundable for cancellation within 14 days of the course start date. Places are limited, so please book early.

**\*\*\*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\*\*\***

## Advisory Information

IJA Club Compliance Policy requires all active Level 1 & Level 2 coaches to hold the following:

1. Appropriate Coaching Certificate
2. Vetting (valid for a three-year period)
3. Safeguarding 1 (valid for a three-year period)
4. First Aid (valid for a three-year period/expiry date of certificate)

IJA Coach Passes for IJA events will only be issued to those coaches who have all of the above documentation in place and provided the coach is listed on the Active Coach register in the relevant IJA affiliated club.

## Links to Compliance Requirements

1. Vetting - please request a NVB E Invitation Form, please email: [admin@irishjudoassociation.ie](mailto:admin@irishjudoassociation.ie)
2. Safeguarding 1 – please see the following link to register with your Local Sports Partnership See: <https://shar.es/1FNObt>
3. First Aid Certificate please see recommended First Aid course suppliers  
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 contact Finola Croke



## Level One Coaching Course Registration Form

### Course Details

Course Title:	<b>Assistant Club Coach Level 1</b>
Duration:	<b>4 days</b>
Dates:	W1 - Day 1 & Day 2 – 7th & 8th September 2024 W2 - Day 3 & Day 4 – 28th & 29th September 2024 <b>Non-Attendance of any of the above four days will impact on the Coach Qualification, participant will be deferred to next Level 1 course if any sessions are missed.</b>
Venue:	UCC Judo Club UCC Department of Sport & Physical Activity, Cork, T12 P282
Course Fee:	<b>€175.00</b>
Closing Date:	<u>CLOSING DATE for registration: <b>4pm, 2nd of September 2024</b></u> <b>NB if minimum course participants of at least 10 do not register, course will have to be cancelled</b>



### Personal Details (required for certification)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Club: \_\_\_\_\_ IJA License Number: \_\_\_\_\_

Grade: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

### Payment Options

(Tick Box)

Paypal	<input type="checkbox"/>	To: members@irishjudoassociation.ie
Lodge funds to IJA Account-	<input type="checkbox"/>	Account Name: Irish Judo Association Bank Name: Bank of Ireland IBAN: IE88 BOFI 9005 1956 3348 35 BIC: BOFIE2D Narrative: 'Your Name & IJA10028'

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

### Women in Sport Funding – Information

Female participants registering for the Sport Ireland Level 1 coaching course can be re-imbursed through the WIS funding received by the Irish Judo Association from Sport Ireland. Fees are paid up front for the coaching course. Female participants contact Antoinette Earl ([antoinette.earl@irishjudoassociation.ie](mailto:antoinette.earl@irishjudoassociation.ie)) to apply for re-imburement following successful completion of the coaching course.