

## Information Sheet: L2 coach and coaching course

### L2 coaching competencies

The following are the prime competencies of a TFA Level 2 accredited coach:

- Demonstrate ethical practices in relation to the Coach's Code of Behaviour
- Plan for and prepare a representative team for a competition
- Develop and deliver quality and effective training sessions
- Use appropriate and positive communication to meet the situation and needs
- Demonstrate effective team and individual analysis (own and opposition)
- Implement efficient skill and tactical development strategies
- Provide quality technical and tactical feedback on team and player performance
- Conduct physical testing protocols and apply sports science knowledge
- Implement strategies to improve coaching and team / player behaviour

### Eligibility, registration, format and delivery

L2 coaching course participants must have had a L1 coaching accreditation for a minimum period of 12 months and must have been actively coaching during the previous six months. Registrations must be received by the advertised closing date, usually 4 months prior to the L2 workshop. Delivery of the TFA Level 2 Coaching Course will be through home study and a face-to-face workshop. The home study is aimed at developing the necessary level of underpinning coaching knowledge by completion of the L2 Home Study Workbook, issued 10-12 weeks prior to the L2 workshop. The home study effort is estimated at between 15 -25 hours and involves reference reading, research, analysis, written workbook responses and presentation preparation. Most workshops are delivered over extended weekends. A TFA Level 4 Course Presenter must be in attendance during L2 course delivery.

### Course content and duration

Topics included in the L2 course are: Planning for Touch, Risk Management, Coaching Better, Functional Anatomy, Principles of Training, Speed, Strength, Flexibility and Power Training, Growth and Development of Touch Players, Nutrition, Building a Better Team, Sports Medicine, Managing People, Advanced Individual & Sub Unit Skills, Analysis of Individuals, Tactics and Set Plays, Team Analysis, Talent Identification, and Coaching for Varying Events. The L2 coaching course involves approximately 20 hours home study, approximately 18 hours coursework and a more comprehensive practical assessment of coaching skills.

### Assessment

Assessment will be undertaken on the L2 Home Study Workbook, the L2 Course Workshop Workbook; participation in coursework; and practical coaching. During the workshop all participants will be required to present on a nominated topic. Coaching practice can be achieved post-coursework and in some cases practical assessment may be undertaken during course delivery provided the coach is assessed as competent by a qualified assessor.

### Cost and registration

The L2 cost varies according to venue, facilities and delivery aspects. For the 2009 European Coaching Project (April – August) the L2 course registration fee has been set at EU\$140. Potential participants are required to complete and submit the L2 Course Registration Form together with 50% of the course fee (EU\$70) not less than four (4) months prior to the scheduled workshop. Venues, dates and Course Coordinators for 2009 L2 courses are:

Strasbourg, 5-7 June	Pascal Blanc,	E-mail: <a href="mailto:coach@touchalsace.com">coach@touchalsace.com</a>
Edinburgh 26-28 June	Iain Craik,	E-mail: <a href="mailto:coaching@scottishtouch.org.uk">coaching@scottishtouch.org.uk</a>
Bristol 17-19 July	Tom Bedkowski,	E-mail: <a href="mailto:englandtouch@googlemail.com">englandtouch@googlemail.com</a>