



Taekwon-Do Advisory Board

Introduction to Coaching ITF Taekwon-Do

This document sets out details for the Taekwon-Do Advisory Board Introduction to Coaching ITF Taekwon-Do award including;

- *Role of the coach*
- *Pre – requisite Requirements*
- *Course Syllabus*
- *Outline Course programme*
- *Certification Criteria*

Version

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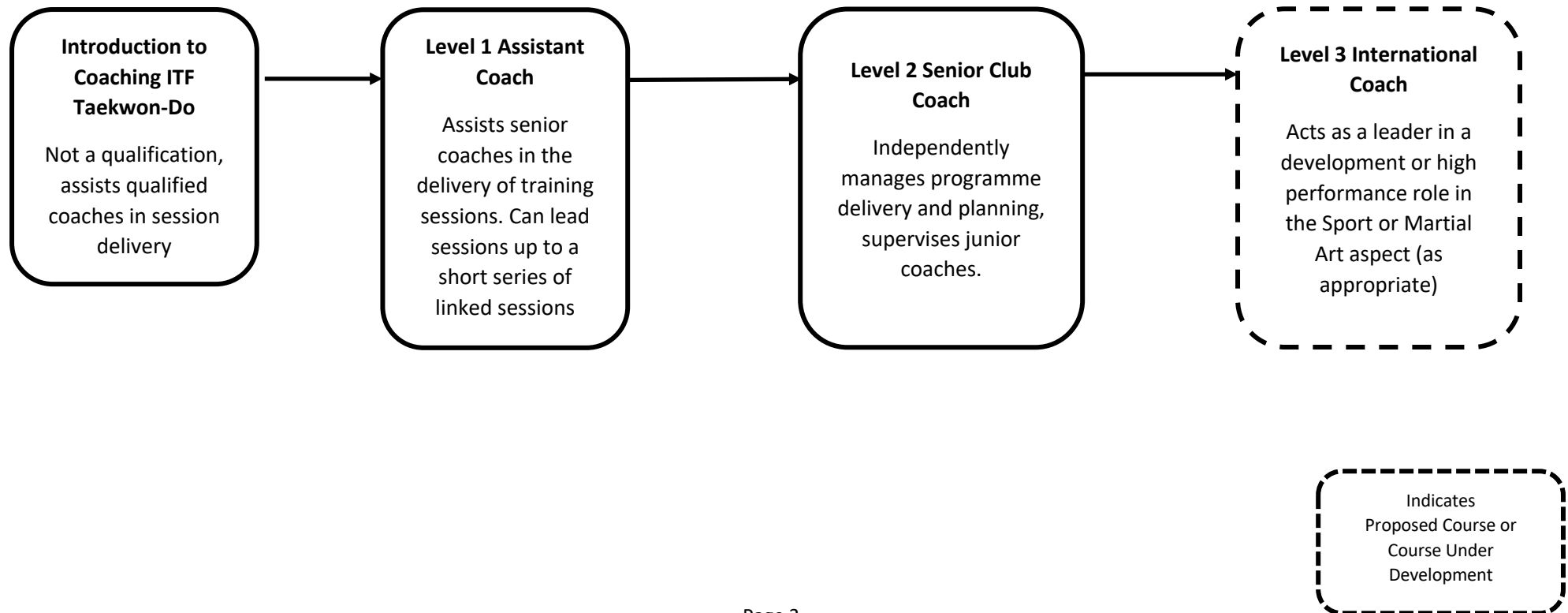
Website:-

www.imac.ie

 SPORT IRELAND COACHING	Coach Development Programme for Ireland
	Sports Coach Framework
	Level 0

Coach / Instructor Pathway

(2.0 - Insert a diagram of your NGB's coaching / instructor framework / ladder)



Role	
The aim of the course is to: • Stimulate an interest in coaching • Provide basic coaching skills • Promote awareness of the coaching process • Identify key factors in working with young participants. <i>NB: The coach will not be qualified to lead classes independently</i>	
Qualification	
On completion, learners will receive an Introduction to Coaching ITF Taekwon-Do Certificate of Attendance	
Format of training programme	
• The programme consists of two days (6 hours per day not including breaks) of class and on the mat learning and practical sessions • The course will be delivered by IMAC Coach Developers from the Taekwon-Do Advisory Board • Full attendance and participation is required for certification • A practical session of 10-15 minutes, coaching Taekwon-Do students aged 6-9 years will be included • There will be minimum of 8 and maximum of 20 course participants. If there are more than 10 participants, 2 coach developers will be present.	
Entry requirements	Evidence
Prospective learners must be 16 years of age as a minimum and hold a grade of 4 th Kup (Blue Belt) or higher	The application form must be signed and verified by the lead club instructor. If there is any doubt, grading certification and national identity documentation may be sought.
Methodology	
The course is run using a mixture of class based and practical sessions during which participants will be introduced to and then have the opportunity to develop and practice practical coaching skills. The learners will be challenged to think and act as coaches throughout lectures, group work, tasks, practical coaching activities, observation and peer review and through this gain confidence in their ability to fulfil the role. .	
Facilities & equipment required	
Classroom – Projector, screen, flipchart and easel, permanent and whiteboard markers, whiteboards Sports hall – Tatami, posters, strike shields, flippers, swim noodles, agility kit, plyo boxes, viper cords	
Support documents, materials and resources	
<i>Document title</i>	<i>Document role</i>
Course Feedback Form	Allows the learner to anonymously share feedback which will help to improve the course after each iteration
Coaches Manual	Provides additional reading and learning resources which add greater depth to topics covered on the course Includes resources needed for some on course tasks Eg. Safety checklist, session planner, self evaluation, sample sessions
Who will run & assess this course	
TAB Coach Developers will deliver 100% of course content	
Assessment	
This is a certificate of attendance only. Learners must attend all sessions and actively engage with coach developers and other learners in order to satisfy the criteria for certification	

Appeals
As this is a certificate of attendance only, no appeals process has been designated.
Certification
Candidates who complete the entire programme will receive a Certificate of Attendance issued by the Taekwon-Do Advisory Board (TAB)
Conditions on validity of certification & revalidation processes
The certificate is valid indefinitely. No revalidation is required
Recognition of prior learning.
• Course candidates may apply for recognition of prior learning for the entire programme or not at all. • Candidates may apply to the TAB executive for recognition of their prior learning • The candidate must evidence where they have gained the prior learning through formal, non formal or informal means and must address each of the learning outcomes • Please contact the TAB secretary for further information
Progression
TAB (in partnership with IMAC and Sport Ireland Coaching) offer Level 1 Assistant Coach training and certification, for which an Introduction to Coaching ITF Taekwon-Do Certificate is a pre-requisite
Transferability
This certification is non transferable
Access & Inclusion
TAB will make every effort to facilitate learners with special or additional needs or whose circumstances make accessing our programmes more challenging. If you feel that you will require our assistance or special accommodation to attend or complete this programme, please contact the course coordinator who will work with you and with the Inclusion Committee to help meet your needs.

Programme Syllabus

(4.0 - Programme Syllabus)

1 Stimulate an interest in coaching

The Instructor / Coach will be able to

Secondary outcomes

1.1	Role of the Coach	1.1.1 List the roles and responsibilities of a coach	1.1.1.1 List the personal capacities of a coach at this introductory level 1.1.1.2 Sign on to abide by the IMAC Coaches Code of Conduct
1.2	Needs of the Athlete	1.1.2 Identify the reasons why young people take part in Taekwon-Do	1.1.2.1 Identify the role of the coach and the parent/guardian in supporting long term involvement in Taekwon-Do

2 Provide basic coaching skills

The Instructor / Coach will be able to

Secondary outcomes

2.1	Session Organisation	2.1.1 Deliver a basic session, warm up or cool down	2.1.1.1 Identify multiple communication styles and techniques and discuss their application 2.1.1.2 Utilise a system for promoting good behaviour and productive, fun training sessions 2.2.2.3 Provide positive and constructive feedback
2.2	Safety on the mat	2.2.1 Assess risks associated with planned practices	2.2.1.1 Prepare a training space and equipment for practice 2.2.1.2 Promote and ensure safe play and practice among athletes

3 Promote an awareness of the coaching process

The Instructor / Coach will be able to

Secondary outcomes

3.1	Plan-Do-Review Cycle	3.1.1 Prepare, deliver and reflect on a coaching session	3.1.1.1 Deliver a planned session, taking into account the needs of the group and any safety issues 3.1.1.2 Critically reflect on your coaching practice and identify performance improvement goals 3.1.1.3 Plan for a follow on session, taking into account your reflection
3.2	Coaching the IDEAL way	3.2.1 Introduce new techniques and skills using the IDEAL framework	3.2.1.1 Organise participants so as to maximise the effect of the training session 3.2.1.2 Communicate positively and effectively with participants 3.2.1.3 Demonstrate knowledge and understanding of the 9 principles of Fundamental Techniques

Programme Syllabus

3.3	Sport for life	3.3.1	List the technical and tactical capacities at the FUNdamental stage of the ITF LISPA model	3.3.1.1	Outline the main coaching points in developing each of the skills
				3.3.1.2	Implement activities to develop the above, in the right sequence
3.4	Play like a child to become a champion	3.4.1	Outline how ITF sparring should be played at this level	3.4.1.1	Outline the principles of constraints led/game focus coaching
				3.4.1.2	Implement a sparring exercise using a constraints led/games focus approach

4 Identify Key factors in working with young participants

The Instructor / Coach will be able to

Secondary outcomes

4.1	Coaching the whole child	4.1.1	Demonstrate an awareness of athlete individualities linked to growth and development	4.1.1.1	Outline LISPA (Lifelong Involvement in Sport and Physical Activity) as it applies to Taekwon-Do
				4.1.1.2	Support athletes to take part in sport as part of a balanced lifestyle and to develop physical literacy
				4.1.1.3	Encourage athletes to practice at home
4.2	Develop a good person	4.2.1	Support all athletes to demonstrate commitment, show respect, work to agreed rules and observe the tenets of Taekwon-Do		

Sample Course Programme

(5.0 – Sample Course programme)

Day 1						
Time Start Finish	Time allowed (minutes)	Session	Primary Objectives By the end of this session participants will;	Secondary Objectives By the end of this session participants will also:	Delivery method	Record / Evidence
10:00-11:30	90	Role of the Coach and needs of the athlete	1.1.1 List the roles and responsibilities of a coach	1.1.1.1 List the personal capacities of a coach at this introductory level 1.1.1.2 Sign on to abide by the IMAC Coaches Code of Conduct	Lecture, group discussion, group tasks and presentations	Whiteboards, signed copies of code of conduct
			1.1.2 Identify the reasons why young people take part in Taekwon-Do	1.1.2.1 Identify the role of the coach and the parent/guardian in supporting long term involvement in Taekwon-Do		
11:45-13:15	90	Coaching the whole child	4.1.1 Demonstrate an awareness of athlete individualities linked to growth and development	4.1.1.1 Outline LISPA (Lifelong Involvement in Sport and Physical Activity) as it applies to Taekwon-Do	Lecture, group discussion, group tasks and presentations	Whiteboards, coaches manuals
				4.1.1.2 Support athletes to take part in sport as part of a balanced lifestyle and to develop physical literacy		
				4.1.1.3 Encourage athletes to practice at home		
			4.2.1 Support all athletes to demonstrate commitment, show respect, work to agreed rules and observe the tenets of Taekwon-Do			
			3.3.1 List the technical and tactical capacities at the FUNDamental stage of the ITF LISPA model			
14:00-15:30	90	Warm up and cool down	2.1.1 Deliver a basic session, warm up or cool down	3.1.1.1 Deliver a planned session, taking into account the needs of the group and any safety issues	Poster presentation, group tasks, coaching micro sessions, peer review, self reflection and Coach Developer debrief	Completed safety checklists, CD observation sheets
			2.2.1 Assess risks associated with planned practices	2.2.1.1 Prepare a training space and equipment for practice		

Sample Course Programme

				2.2.1.2	Promote and ensure safe play and practice among athletes		
15:45-17:15	90	Coaching Taekwon-Do Fundamentals	3.2.1	Introduce new techniques and skills using the IDEAL framework	3.2.1.2 3.2.1.3 3.3.1.1 3.3.1.2	Communicate positively and effectively with participants Demonstrate knowledge and understanding of the 9 principles of Fundamental Techniques Outline the main coaching points in developing each of the skills Implement activities to develop the above, in the right sequence	Poster presentation, group tasks, coaching micro sessions, peer review, self reflection and Coach Developer debrief CD observation sheets, Coaches Manual (annotated session planners, technique checklist)

Day 2

<i>Time Start Finish</i>	<i>Time allowed (minutes)</i>	<i>Session</i>	<i>Primary Objectives</i> <i>By the end of this session participants will;</i>	<i>Secondary Objectives</i> <i>By the end of this session participants will also:</i>	<i>Delivery method</i>	<i>Record / Evidence</i>
10:00-11:30	90	Coaching Sparring Fundamentals	3.1.1 Prepare, deliver and reflect on a coaching session	3.2.1.1 Organise participants so as to maximise the effect of the training session 2.1.1.2 Utilise a system for promoting good behaviour and productive, fun training sessions 2.2.2.3 Provide positive and constructive feedback 3.3.1.1 Outline the main coaching points in developing each of the skills 3.3.1.2 Implement activities to develop the above, in the right sequence	Poster presentation, group tasks, coaching micro sessions, peer review, self reflection and Coach Developer debrief	CD observation sheets, Coaches Manual (annotated session planners, technique checklist)
11:45-13:15	90	Coaching our game	3.4.1 Outline how ITF sparring should be played at this level	3.4.1.1 Outline the principles of constraints led/games focus coaching 3.4.1.2 Implement a sparring exercise using a constraints led/games focus approach	Poster presentation, observation of Coach Developer, coaching micro session, peer review	Group session plan (whiteboard)
13:30-15:30	120	Live coaching	3.1.1 Prepare, deliver and reflect on a coaching session	3.1.1.1 Deliver a planned session, taking into account the needs of the group and any safety issues	Co Delivery of coaching micro session, joint reflection	Coaches Manual (Annotated session plan, personal reflection, coach

Sample Course Programme

						observation)
15:45-16:30	45	Review	3.1.1.2 Critically reflect on your coaching practice and identify performance improvement goals	3.1.1.3 Plan for a follow on session, taking into account your reflection	Lecture, group discussion, individual tasks	Course feedback forms, Coaches Manual (follow on plan)

Appendix 1

Assessment Criteria & Methodology

Objective

As the goal of the programme is to stimulate an interest in coaching and not to develop a specified level of coaching competence this section simply lists the criteria for certification and the personal tasks to be completed during the training.

Method

- Full attendance at all sessions is required
- Active participation and engagement with Coach Developers and peers is expected
- Workbook tasks must be completed and viewed by the Coach Developers

Criteria for Certification as a (name of award)

In order to qualify as (name of award) the participant must....

This competency is covered under the following programme outcomes..

These are measured / assessed by....

From which the following records / evidence is produced....

Attend all sessions		Sign in Sheet	Attendance records
Complete required workbook tasks	N/A	Coach Developer review of course workbook	Completed workbook
Actively participate in all tasks	All	Coach Developer observation	Coach Developer feedback sheet

Checklists

Coach Developer Observation Checklist

Appendix 2

Course pre – requisites

Minimum of 16 years old	
Objective	This is the minimum age as specified by Sport Ireland Coaching
Method	
Assessment / Evidence	Instructors and parents must sign application form to verify age. National identification may be required on Coach Developers request.

4 th Kup – Blue Belt	
Objective	All learners must themselves be competent in the taught material from the technical syllabus
Method	Must be a blue belt holder or higher grade
Assessment / Evidence	The application form must be signed by the learners club instructor. In case of any doubt a grading certificate will be requested.

Appendix 3 Pre- Requisites requirements for participation.

Skills based coaching sessions

	Session title	Session allocated to.... (Name of Coach / Instructor)
1	Warm up	
2	Cool down	
3	Fundamental movement	
4	Sparring fundamentals	
5	CLA / Representative Design / TGfU	
6	Live Coaching Session	