



SG-Coach (Cycling) - Level 2

Class size: Trainer to student ratio - 1:10

Duration: 6 Days

The SG-Coach (Cycling) Level Two Integrated programme equips participants with the advance sport science and technical knowledge to coach intermediate to advance participants. The Level 2 course also provides race tactics and skills through experiential coaching and practical sessions that enables coaches to put theory into practice. With advance race tactics taught, the importance of injury prevention and recoverability is covered to keep participants safe and advancing.

SG-Coach Level Two is designed for individuals who wish to coach intermediate and competitive participants

Module 1: Transformational Leadership

Module 2: Coaching Race Tactics and Skills

Coaching and Race Tactics theory and practical carried out at Jurong West Stadium, enabling coaches to learn new skills and tactics and practice putting them to use first hand.

Module 2.1 Experiential Coaching

- Pace line/Taking a turn of pace
- Changing formations (Single to Dual, Dual to Single)
- Breaking away and blocking
- Time Trial Starts

Module 2.2 Coaching Methods & Theory

- 2 Hour Section

Module 2.3 Experiential Coaching - Theory into Practice

- 2.5 Hour Section

Module 3: Bike Technology and Physical Preparation

- Module 3.1 Energy Systems
- Module 3.2 Testing & Bike Fit
- Module 3.3 Training principles and methods

Module 4: Recovery & Injury Prevntion

- Module 4.1 Injury prevention and management
- Module 4.2 Recovery

Module 5: Team Dynamics

- Module 5.1 Characteristics of a team
- Module 5.2 Team Development Theories & Applications

Module 6: Planning

- Year Planning Instruments
- Assessment - YPI/e-portfolio