

Multi-Sports Coaching Qualification

Level 1, 2 & 3





Multi-Sports Coaching Qualification

The qualification is delivered through practice-based learning which is obtained through self-regulated volunteering hours. All of the qualifications come with access to head coaches advice and feedback, as well as practice demonstrations and guided teaching. Trainee coaches will also be instructed in how to plan and deliver activities to support participants' development.

This includes developing the knowledge and skills required to understand participants and to meet their needs. This course will also further learner's knowledge of the principles of fundamental movement and sport-specific skills.

Experienced coaches are always on-hand to provide innovative approaches to evidence-gathering, including capture of group work and professional discussions, as well as photo and video evidence. The qualifications must be achieved in order to ensure a Level 3 coach has met all the criteria for Level 1 and Level 2.



Benefits

- ✓ An increased confidence when working with children.
- ✓ Understanding of a independent business and how it runs.
- ✓ Safeguarding is understood and abided by.
- ✓ Knowledge of incorporating fun and enthusiasm into sporting activities.
- ✓ Increased organisational skills and time management.
- ✓ A better ability to think 'on your feet' and react quickly to a changing scenario.
- ✓ Become qualified to support children's successful participation in sport
- ✓ Make a positive impact on the children you're working with by developing their movement confidence and sport-related skills.
- ✓ learn how to design, deliver and evaluate multi-skills activity sessions
- ✓ make sport more enjoyable for children and young people
- ✓ Experience gained in delivering a wide-range of different sports
- ✓ Understand how to manage other coaches and children

1



Objectives

- Learn** how to encourage children to participate different sporting activities
- Know** how to respond to different children's needs
- Apply** time management skills over the course of 1 day
- Achieve** a greater sense of confidence when working with children
- Understand** safeguarding thoroughly



Evidence to be Obtained

- ✓ Evidence of a basic Safeguarding and Coaches Code of Conduct understanding.
- ✓ Supporting the day-to-day running of a camp
- ✓ Supervising the start and the end of camps with parents.
- ✓ Proactively responding to a child's needs



Requirements

- ✓ 100% attendance of agreed camps
- ✓ Completed over 40 hours of volunteering



Objectives

- Learn** how to deliver warm up sessions for different sporting activities.
- Know** how to recognize different children's needs
- Apply** time management skills over the course of a camp.
- Achieve** a greater sense of confidence when coaching children
- Understand** safeguarding thoroughly and how to spot any gaps in a camp



Evidence to be Obtained

- ✓ Deliver a minimum of 5 small warm up games/activities (recorded & evidenced)
- ✓ Deliver a minimum of 2 coaching sessions independently.
- ✓ Plan your coaching sessions and warm ups
- ✓ Support with register-taking and children supervision



Requirements

- ✓ 100% attendance of agreed camps
- ✓ Completed over 120 hours of volunteering



3



Objectives

- Learn** how to plan, deliver and adapt a variation of different coaching sessions.
- Know** how to adapt session for all children's needs
- Apply** time management skills over the course of a day and the time management of others
- Achieve** a greater sense of confidence when managing coaches and children
- Understand** safeguarding thoroughly and how to ensure your sessions meet this criteria



Evidence to be Obtained

- ✓ Deliver a minimum 10 coaching sessions (recorded & evidenced)
- ✓ Collect and check registers that other coaches have taken
- ✓ Take account of all children's needs and relay this information to other coaches.
- ✓ Set up, lead and supervise lunchtime.
- ✓ Help all children to master the fundamentals of movement in a fun, imaginative and progressive way.



Requirements

- ✓ 100% attendance of agreed camps
- ✓ Completed over 200 hours of volunteering