

BAB General Coaching circular Young People CL2 course

Date: Saturday 10th November 2007

Time: 13:00 to 15:00

Venue

Solihull Moors FC
Damson Park
Damson Parkway
Solihull
West Midlands
B91 2PP
Telephone: 0121 705 6770

Directions

From the North

Leave M42 at Junction 6
Take A45 towards Birmingham
Left at first set of traffic lights into Damson Parkway
Ground is on the right after three quarters of a mile, through traffic lights to island and back through lights

From the South

Leave M42 at Junction 5
Take A41 towards Birmingham
Right at second set of traffic lights into Yew Tree Lane which leads into Damson Parkway
After mile and half turn right at island and ground is 100 yards on left after traffic lights

Important

This course can only be run if there is enough response and the deadline for the reply/cheque is 20th October. If there is little or no response I will have cancel the course

I need confirmation if you wish to attend this YP CL2 unit

The cost of this unit is £30 payable to the:

British Aikido Board

Please send the cheque to me prior to the course and I will book you place

I will require your full name and postal address. We will not have the facility to take money on the day of the course

My address is

Mr G Cooke
13 Margaret Avenue
Bedworth
Warwickshire
CV12 8EH

What is BAB Coach Level 2

This award is for students intending to instruct without supervision at club level and beginning to engage in coaching activity at Association level.

Candidates must:

- Be 20 years or over when registered for the course.
- Be recommended by their Association and possess the necessary technical knowledge in Aikido and hold a minimum grade of 2nd Dan
- Attend a series of Level 2 Coach courses, approved by the Board. These courses can be assessed from 1st Dan/Coach Level 1 building toward accreditation at 2nd Dan
- To have evidence of practical coaching for at least two years since achieving Coach level 1
- Successfully complete an assessment period of peer coaching of approximately thirty minutes duration
- Obtain BAB approved Professional Indemnity insurance cover prior to commencement of the coaching course.

The course will cover the following topics:

| Old Term CL2 | New Term CL2 |
|---|--------------------------------|
| Coaching Children and Young People | Young People |
| Coaching Methods and Communication | Communication |
| Safe Exercise, Injury Prevention and Management | Managing Risk |
| Improving Practice and Skill | Practice, Skill and Techniques |
| Goal Setting and Planning | Planning for Success |
| Fitness and Training | Fit for Purpose |

Each theory session will last approximately 4 hours

An assessment of coaching ability will be made by and approved Coach Tutor during a separate practical session. Each candidate will be expected to coach for a total of 40 minutes.