



Coach Accreditation Framework

Senior Coach Program



Australian Government
Australian Sports Commission



AIS



Judo Australia – Senior Coach Program

Competency level - coaches with experience coaching club and state level Judoka across a range of age groups and abilities.

Target market - This program is designed to provide training for coaches who are working with club and state level judoka, across a range of age groups and abilities, who wish to gain a deeper understanding of the coach's role.

Program details - The Senior Coach program is a 14-hour program. It can be presented in any combination of blocks of hours or modules.

1. GENERAL INFORMATION

1.1 Prerequisites

- 18 years of age minimum
- Minimum grade Shodan
- Held Coach Judo accreditation or equivalent for 12 months
- First Aid and CPR
- Working with Children Check Clearance - Blue Card system
- ASADA online Level 1 Anti-Doping course
- Completion of Play by the Rules (PBTR) online training (Child Protection and Harassment and Discrimination)
- Heads Up online course
- Completion of SportAus Intermediate Coaching General Principles Course
- 50 hours practical coaching in past year
- Ability to demonstrate and teach the basic skills of Nage no Kata

1.2 Competency Statements and Assessment

- Design, develop, implement and monitor a season plan for club and state level athletes, incorporating the basic components of periodisation
- Demonstrate the ability to communicate with, plan sessions and effectively manage athletes of a range of abilities, age groups, goals and backgrounds both in individual and group situations
- Describe how an understanding of learning styles can enhance coaching
- Plan, conduct and review training sessions that complement the season plan and are appropriate to the needs of the athlete in a safe, engaging and ethical environment
- Identify preferred teaching methods and coaching styles to develop skills
- Understand how to implement skill progression
- Identify the coaching points relating to a skill and the concept behind fault detection and correction
- Provide appropriate and relevant feedback during practical sessions
- Describe when to use a coachable moment
- Plan, organise, conduct and control a skills session
- Demonstrate an awareness of safety in terms of environment and athletes
- Understand the role of the mentor coach and establish practical strategies to enhance development
- Understand how Nage no Kata can be used as a Judo teaching tool

1.3 Content

The Senior Coach course is a coach training program comprising of mainly practical/hands on coaching activities with some theory. The Senior Coach course content includes:

- Teaching and Learning concepts
- An introduction to basic periodisation and season planning
- Physiology
- Introduction to and communication of basic sports science principles
- Development and correction of skills and fitness
- Risk management

