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## Overview

This standard is about how you would assist with the planning, delivery and review of a sports coaching session.

Coaches must also take account of guidelines from the Governing Bodies of Sport and their own prior experience when assisting in the planning of sports coaching sessions.

The main outcome of the standard is to:

1. Assist the planning, delivery and review of a sports coaching session

This standard is for people who work as coaching assistants, assistant instructors or assistant activity leaders

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## Performance criteria

### *You must be able to:*

- P1 identify your responsibilities for the sports coaching session
- P2 identify the goals for the sports coaching session
- P3 agree the plan for the sports coaching session with the responsible person
- P4 assess participants' readiness to participate
- P5 prepare the resources and environment for the planned activities
- P6 deliver planned activities safely and effectively
- P7 provide clear demonstrations and explanations in accordance with the agreed plan
- P8 observe the participants' performance and wellbeing during the activity
- P9 provide feedback to participants during the activity
- P10 ensure participants' safety is maintained
- P11 work to planned and agreed timings
- P12 refer to the responsible person any situations beyond your remit
- P13 leave the environment and equipment in a condition acceptable for future use
- P14 take account of the participants' feedback
- P15 provide feedback to the responsible person on participants' performance
- P16 contribute to the reviewing of the session
- P17 discuss your own performance with the responsible person
- P18 record a personal development plan from the session review in order to develop your coaching skills further

## Knowledge and understanding

### *You need to know and understand:*

K1 the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere

K2 how to identify and record the goals for the sports coaching session

K3 the importance of working closely with the responsible person

K4 why it is important to plan and prepare for a session

K5 the resources and environment available and how to prepare these for the planned activities

K6 how to deliver planned activities safely and effectively

K7 ways of providing explanations and demonstrations that relate to the participants' needs and level of experience

K8 why it is important to observe the performance of participants during the activity

K9 the importance of giving feedback to participants during an activity and or session

K10 why it is important to work to planned and agreed timings

K11 ways of assessing if a participant has needs outside your level of competence and how to refer to other professionals

K12 the importance of leaving the environment and equipment in a condition acceptable for future use

K13 the importance of taking account of the participant feedback and contributing to the feedback on the participant performance to both the participant and responsible person

K14 why continually reviewing the session and or activity and participant is important

K15 the importance of making positive use of the feedback from others, participants and discussing your performance with the responsible person

K16 why you should record the results from the session's review in order to further develop your coaching skills

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## Scope/range related to performance criteria

### Goals

1. improve physical ability
2. improve physical literacy
3. improve mental ability
4. improve skills and techniques
5. improve tactical ability
6. improve lifestyle
7. provide fun and enjoyment

### Feedback

1. health and safety
2. rules and codes
3. skills and techniques
4. tactical context
5. participant behaviour

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## Glossary

### **Physical Literacy**

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life

### **Links to other NOS**

This standard links to SKAEAF21

SKASPC1

Assist the planning, delivery and review of a sports coaching session



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<b>Developed by</b>	SkillsActive
<b>Version Number</b>	2
<b>Date Approved</b>	30 Mar 2021
<b>Indicative Review Date</b>	31 Mar 2024
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	SkillsActive
<b>Original URN</b>	SKASC1
<b>Relevant Occupations</b>	Coach / Instructor, Sport, Leisure and Recreation, Sports and Fitness Occupations, Sports Coaches
<b>Suite</b>	Sports Coaching
<b>Keywords</b>	Assist; sports; coaching; delivery; programmes; review

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