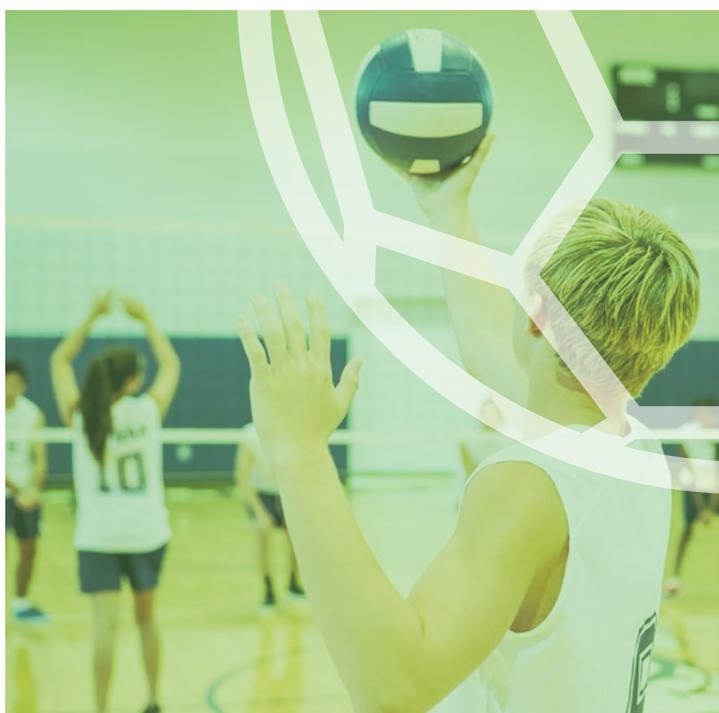




TOMASZ SEWERYNIAK, ROMAN FIRLUS

EXERCISE BOOK No. 7

ADDITIONAL DOCUMENTS





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TOMASZ SEWERYNIAK

GUIDELINES FOR COACHING PRACTICES

TOTAL HOURS: 10

NUMBER OF SESSIONS: 5

GOALS

- Verification of theoretical knowledge and skills in practice
- Entering the role of a sports coach during training
- Observation and analysis of coaches' activities during the athlete's training process
- Become familiar with the activities of the competition organization
- Control of the training drafts prepared by apprentices in terms of the selection of methods, exercises and aesthetics
- Discussing and analysing parts of training units run by the apprentice in terms of the methods and means used and the participants' response to stimuli
- Presentation of the competition goals of children and youth in a given age category
- Division of apprentices' tasks as part of the preparation, implementation and closure of children's and youth competitions
- Control of effects and ongoing supervision over the activities of apprentices during the competition of children and youth

PLACE OF PRACTICE

Teams of the youngest or younger age categories under the supervision of an experienced trainer (tutor coach)

TUTOR COACH

QUALIFICATIONS

It is recommended, that the tutor coach of the internship have a minimum of 5 years of experience in coaching work with children and young people and qualifications at level 4 EQF or higher

TASKS

- Implementation of training units that will be observed by apprentices
- Including apprentices to implement training units as trainer's assistants
- Discussing and analysing with the apprentice the implemented training unit in terms of the methods, equipment and exercises used
- Discussing and analysing with the apprentice the implemented training units in terms of their participants' response to stimuli

APPRENTICE

TASKS

- Participation in training of children and youth as an observer and assistant
- Conducting warm-up and cool down parts of training units
- Conducting elements of main part of the training units
- Active discussion and analysis of training units in cooperation with the tutor coach
- Become familiar with the goals of competition of children and youth in a given age
- Preparation of work documentation as part of the internship in the form of notes, outlines and job reports
- Filling various referee roles during the competition

APPRENTICE DUTIES

- Diligent implementation of the tasks of the apprenticeship
- Proper preparation for trainings during the apprenticeship
- Following the tutor coach's instructions
- Work during the apprenticeship in a suitable sports outfit

PROGRAM OF PRACTICE SESSIONS

1. Observation 2h

Tasks:

- observation of trainings in terms of organizational forms used,
- observation of trainings in terms of the selection of exercises, means and equipment,
- observation of participants' responses to stimuli,
- discussion the training with the tutor coach.

2. Attendance 2h

Tasks:

- conducting activities aimed at the safety of participants,
- performing auxiliary activities during exercises of the main part of the training,
- conducting activities related to the preparation of resources and equipment,
- discussion the training with the tutor coach.

3. Conducting the parts of the trainings (part 1) 1,5h

Tasks:

- preparation of the content of the warm up according to the guidelines of the tutor coach
- organization and management of a group of players
- implementation of the warm up of the training
- preparation of the cool down of the training
- implementation of the cool down of the training,
- discussion and analysis of the training with the tutor coach.

4. Conducting the parts of the trainings (part 2) 1,5h

Tasks:

- preparation of the content of the main part of training directed at players individual actions under the supervision of a tutor coach,
- implementation of the main part of training directed at players individual actions, assisted by a tutor coach
- discussion and analysis of the training with the tutor coach.

5. Organization of competition 3h

Tasks:

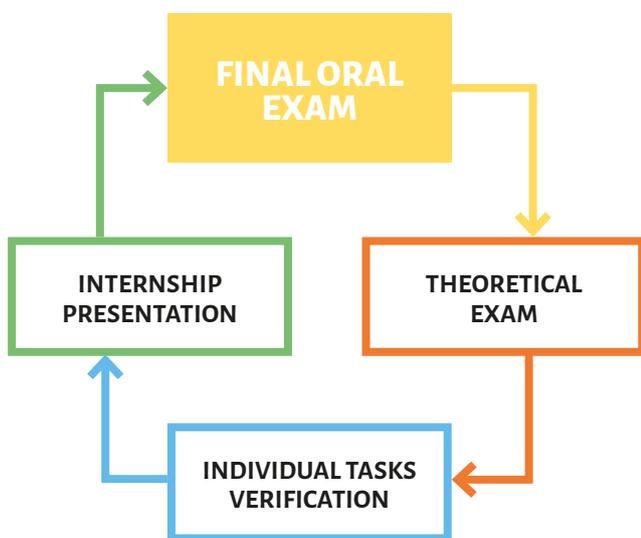
- getting familiar with the activities in the preparation phase of the competition and the goals of competition in a given age,
- preparing the venue for the competition and the equipment needed,
- implementation of selected judges' tasks (to choose from: scoresheet keeping, scoreboard support, refereeing on the field as a technical or line judge or court referee)
- equipment removal after the competition.

FINAL EXAM GUIDLINES

COURSE EXAM STRUCTURE

Sport course TRAINER BETA 1.0 ends with the exam. During the course educators assess the commitment and practical skills in understanding and conducting sports activities in a given sport discipline.

To complete the course, participants must have 100% attendance, complete individual tasks and pass required exams (theoretical and final).

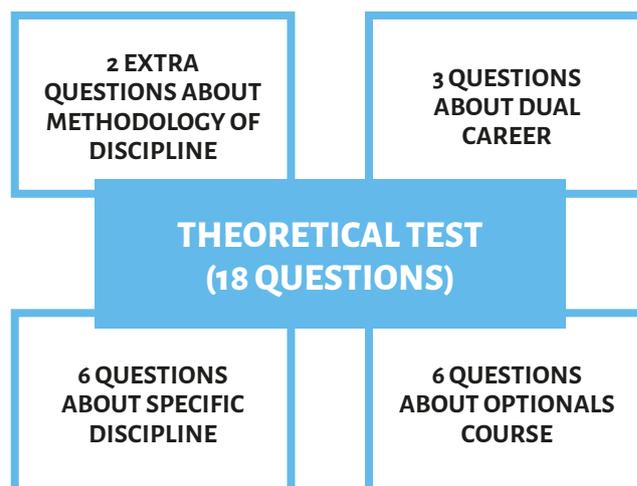


THEORETICAL EXAM

On the end of the course each participant must pass his theoretical exam.

The exam should consist of about 15 questions in a closed (test) form regarding:

- 1.3 questions in the field of IO1 – dual careers
- 2.6 questions in the field of IO1 – implemented on a selection basis
- 3.6 questions in the field of the sport in which the course was conducted, and extra two open questions from a specific methodology of discipline.



Any course organizer must prepare the test himself and the questions must be comply with the content of the course.

VERIFICATION OF INDIVIDUAL TASKS.

During the course the participants should realize they individual tasks. For example: exercises, lesson plans. It's the time to verify the implementation of individual classes.

PRESENTATION FROM THE INTERNSHIP.

After the practice in external club each of participants should prepare the multimedial presentation with report from his practice

ORAL FINAL EXAM

At the end, after passing the theoretical exam, verification of individual tasks and internship reports, each participant takes the final oral exam. It involves talking to the commission about the specifics of the sport trainer's work and checks knowledge of the methodology and awareness of the trainer's role in the process of training athletes



CERTIFICATE OF ATTENDANCE

THIS IS TO CERTIFY THAT:

Name Surname

ATTENDED THE **TRAINER 1.0 BETA**
COACHING COURSE IN DISCIPLINE **FOOTBALL**

TRAINER 1.0 BETA

is an 60 hours introductory coaching course entitling you to self-study
planning and preparing training classes and professional support a
licensed coach in conducting
FOOTBALL/BASKETBALL/VOLLEYBALL/HANDBALL training

signature

16.08 – 28.10.2020, Opole, Poland

signature

This certificate and the learning outcomes acquired during the course are based on the assumptions of the descriptions of qualifications at level 2 of the National and European Qualifications Frameworks (NQF2 and EQF2).



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