

# COACHING COURSES



## Club Coach Youth (6 hours)

Club Coach Youth is designed for coaches who do not require certification but become involved on a voluntary (and often short-term) basis. Participants tend to work with curlers of all ages who are new to the sport, but most particularly with Little Rock Curlers. Coaches who take this one-day workshop will become a **trained** "Club Coach - Youth". This coach will be able to instruct beginning curlers and youth curlers. A Club Coach – Youth instructor will concentrate on the technical skills and leading curlers in activities that are age suitable and technically correct.

Prerequisite: Must be a minimum of fourteen (14) years of age at the start of the course.

### Course content:

- Setting the Scene, Ethical Coaching, Practice Planning, Safety, Game Orientation, Teaching the Delivery & Brushing Skills, Program Management, Games, Skills and Activities

## Club Coach Certification (one long day)

**Technical** - Coaches who take this two-day workshop will become a **trained** "Club Coach." This is a program designed to enhance the skill set of the coach or instructor who function primarily at the club level but whose teams are starting their competitive experience. The Club Coach will be competent in training curlers from youth to masters, with skill levels of beginning to intermediate. The Club Coach will be proficient in planning and designing a practice/clinic, ethical decision-making, teaching correct curling skills, skill analysis, safety and program management.

Prerequisite: Must be a minimum of sixteen (16) years of age at the start of the course.

### Course content:

- Role of the Coach and Organizational Management, Game Orientation, Rules & Etiquette, Safety, Warm-ups & Cool-downs, The Curling Delivery, Introduction to Strategy, Brushing. Ethical Coaching, Practices, Clinics, Skill Analysis

## Competition Coach Certification (16 hours – two days)

**Technical** – Designed to train an individual to coach medium to advanced performance team.

The 18 hour course is taught over two days and time is spent on-ice and in the classroom.

Prerequisite: None but general knowledge of the game.

Course Content: Teaching and Learning, Strategy and Tactics, Skills Analysis, Practice Planning, including Safety and EAP (Emergency Action Plan), Delivery Skills, Brushing Skills,

**Practical evaluation** – a 2 hour session on-on-one with an Evaluator. The coach must execute a complete practice session with his/her team.

**Theory** – a 3 hour module "Making Ethical Decisions" plus on-line evaluation available at [www.coachesontario.ca](http://www.coachesontario.ca)