

England Netball – Level 1 Coaching Course

Provides the learner with an introduction to coaching the game and working with players, from under 7 to open age. Following the completion of the course, learners will be able to assist more qualified coaches in delivering aspects of coaching sessions.

Who is this course for?

Must be at least 16 years of age and who wish to start coaching netball. Have an understanding of the rules and a sound knowledge and experience of the game.

What will I need to do?

Attend all 3 virtual sessions of the designated course and the associated professional discussion. (1 x 3hrs and 2 x 2.5 hrs). EN do not allow learners to move from course to course.

Access to a computer and the internet to be able to access the virtual sessions and to access our e-portfolio assessment system.

Learners to show an original form of photo ID to their assessor at the start of their professional discussion. This can be a passport, drivers license or ID card. No ID no assessment and issuing qualification.

Outcomes

By successfully completing the Level 1 coaching qualification, be able to:

- Assist more qualified coaches in delivering aspects of coaching sessions (normally under direct supervision)
- Learn more about the basics of the game

Cost of Course: England Netball Member – £150 / Non-member – £190

[England Netball | England Netball Level 1 Course](#)

England Netball – Level 2 Coaching Course

Equips the level 2 coach role duties of preparing for, delivering and reviewing coaching sessions.

Who is the course for?

Perfect for those who have been an active coach in netball for a minimum of 2 years or have a Level 1 Certificate in Coaching Netball.

Must:

Be at least 18 years of age

Full **membership** of England Netball

Be able to communicate effectively in English (listening, speaking, reading and writing)

Have the specified Face to Face UK Coaching Safeguarding and Protecting Children training certificate before the end of the course content delivery.

Have one of the recognised First Aid at Work certificates in the link below by the end of the course content delivery. Copy of certificates to be uploaded onto learners e-portfolio

What will I need to do?

Attend all virtual and face to face sessions and professional discussion. Learners cannot move from course to course. (3 x 3hrs virtual sessions / 2 days Face to Face / 1 hr professional discussion).

Access to a computer and the internet to be able to access the virtual course sessions and our e-portfolio assessment system.

Learners to show an original form of photo ID to their assessor at the start of their professional discussion. This can be a passport, drivers license or ID card. No ID no assessment and issuing of qualification.

Outcomes

By successfully completing the Level 2 coaching qualification, you'll be able to:

Plan a series of coaching sessions.

Prepare the coaching environment for the delivery of coaching sessions.
Deliver a series of coaching sessions to develop the participant's performance.
Monitor and evaluate coaching sessions and personal practice.

England Netball Member – £360

[England Netball | England Netball Level 2 Course](#)

England Netball – Level 3 Coaching Netball

Applications closed till next intake.

Open University – Exploring Sport Coaching and Psychology - FREE

After studying this course, able to:

- outline the influences of, and links between, sport coaching and psychology for those developing their abilities in sport
- describe different aspects of effective coaching and the way in which a coach may influence young people and adults
- compare the psychological characteristics used in sporting careers to those you might need to shape your own future
- reflect on your own sport or fitness behaviours, beliefs and practices and identify useful next steps for further development
- understand and be confident in your ability to study online.

[ESS 1 - OpenLearn - Open University - ESS 1](#)

UK Coaching – Inclusive Activity Programme - FREE

The Inclusive Activity Programme eLearning module (60mins) is a unique development opportunity for sports coaches, community leaders and healthcare professionals. Participants will learn about the basic principles of inclusion and understand the benefits of delivering activities that can be enjoyed by all!

By the end of this module you will be able to:

- Explain why physical activity is beneficial to everyone.
- Understand some of the barriers that can stop disabled people and people with long-term health conditions from taking part in activities.
- Learn about how to make activities more appealing and accessible to disabled people and people with long-term health conditions.
- Be familiar with the tools and approaches that can support you to deliver inclusive sessions.
- Explore where you can find out more information and guidance about inclusive activities.

[UK Coaching - Coaching Courses](#)

UK Coaching – Mental Health Awareness for Sport & Physical Activity (Updated 2021) - FREE

One in four people in the UK will experience a mental health problem each year. Enrol on this online course (2-3 hrs) to gain the knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.

The four modules will increase your knowledge and understanding of mental health, providing you with the practical skills and strategies to be able to:

- build people's resilience, self-esteem and confidence
- adapt your sessions to make them more inclusive
- enable and support mental health recovery, and
- tackle stigma and discrimination.

After completing the course you will be able to download your certificate of completion.

The course has been awarded 1.5 CPD points by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

[UK Coaching - Mental Health Awareness for Sport and Physical Activity](#)

UK Coaching – Duty for Care (FREE)

The Duty to Care Toolkit is a series of Knowledge Checks and coach learning resources set across the five distinct pillars that represent the Duty to Care ethos: Safeguarding, Inclusion, Diversity, Well-being and Mental Health. [Complete the five free Knowledge Checks to earn our Duty to Care Digital Badge.](#)

Great coaching is beyond just the technical and tactical elements that make up the playing of a sport. It's about the person-centred experience, ie a coach-participant relationship that is positive, motivational, caring and rewarding.

Comprehensive suite of learning aims to galvanise the coaching sector to fulfil their obligations around the education and provision of these five pillars of Duty to Care.

We have established our own Duty to Care approach for the coaching sector to create more holistic and positive coaching benefits for all.

This wraparound care will extend beyond the recipients of coaching, to include the whole coaching family. It is imperative that we look after the people looking after the people, so that the nation's coaches feel their health and welfare is also being supported and protected.

Therefore, it is incumbent to give coaches a starting point to assess where they need more help in this area, so UK Coaching can continue to support coaches across the UK based on their needs. They can then draw upon this support during their ongoing development and throughout their coaching practice. This will enable them to look after the people they coach, as well as their own well-being, effectively and appropriately.

[UK Coaching - Duty to Care Toolkit and Digital Badge](#)

UK Coaching Sudden Cardiac Arrest

This free life-saving eLearning course is packed with immersive and scenario-based learning, practical information and tips to help you respond quickly and appropriately to a sudden cardiac arrest.

Overview

Sudden cardiac arrest (SCA) could happen to anyone, at any time, with approximately 60,000 SCAs happening within the community every year in the UK. 12 each week are under the age of 35. Only 1 in 10 survive. If effective action is taken within the first minute, this can treble the chances of survival.

The course has been awarded 1/2 a CPD point by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and a certificate of completion can be downloaded.

When you enrol on this eLearning course, you will also automatically gain access to our Sudden Cardiac Arrest Digital Learning Toolkit, which is packed with lots of other life-saving resources.

[UK Coaching - Sudden Cardiac Arrest eLearning Course](#)

Safeguarding and Protecting Children (SPC) Workshops / Time to Listen (TTL) Workshops

Both workshops are available via virtual platform 2.5 hrs and Face to Face 3hrs. SPC course available to support young leaders

Coaching Course requires face to face. TTL is spread of two evenings, total of 3.5 hrs.

Wessex Coach Education are offering support to Dorset Netball.

Contact – wessexcoacheducation@gmail.com / 01202 470715

First Aid

Lifeline Training have a regulated first aid courses available to support coaching courses. In addition Emergency Aid training for young people and volunteers. Contact – lifelinecourses@gmail.com