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UWH Coaching Scheme Directive

By The British Octopush Association



Document information

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1 Introduction

This document provides the guidance and direction for Tim and Libby Dale and their working group to design and implement a UWH Coaching Scheme for the BOA. This coaching scheme will build upon the existing BOA coaching course. It will address the issue of recognition with other sporting bodies and align to the new BOA Awards Scheme.

Tim and Libby have been working on this scheme for a number of months with a view to preparing a focussed framework within which courses aimed at teaching players how to coach can be established.

The BOA would like this scheme to be fully developed such that it can be rolled out nationally to provide a detailed and comprehensive UWH Coaching Scheme which takes a structured and consistent approach to teaching coaches throughout the UK.

1.1 Objectives

To provide a detailed UWH Coaching Scheme with comprehensive courses to allow competent players to become competent coaches. The programme will follow the outline detailed in Part 2 which has been divided into 3 levels: Club Coach, Senior Club Coach and Advanced Coach.

The 3 levels should be able to take a competent player, i.e. somebody who has played, but never coached before, right through to a knowledgeable coach who is able to train a top team at a senior club level.

The Club Coach and Senior Club Coach courses would be organised by way of a weekend residential course, or alternatively split into a number of modules. Once the modules have been completed the coach would need to log a certain number of hours of club coaching before being re-assessed for qualification. The modules would be taught by appropriately qualified people, having regard to the level of the course. It is acknowledged that certain elements of the courses may require external lecturers, but this will depend on the skills/professionals the group are able to recruit.

The Scheme should look into linking, through *Skills Active*, *REPs* and such organisations, with NVQs / SVQs with a view to each coaching level becoming a recognised NVQ / SVQ Level 1-3 respectively.

As with Canoe Polo and Sub-Aqua it would be preferable for our coaches to be suitably qualified as lifeguards so as to avoid the need to employ external lifeguards. The working group will explore the possibility of including lifeguarding elements into the course which would satisfy HSE and local authority requirements.



The Coaching Scheme should provide full details on how coaching courses would be supported and recognised, which would help promote competent and safe development of players and add professionalism to the sport.

All running costs of the courses and how these courses will be financed must be considered. Proposals must be put forward, which cover all running costs and recoup set-up costs through delivery of the course. The group should investigate the possibility of obtaining external funding (eg. Sports grants) to develop the courses and materials.

1.2 Scope

All coaches who enrol onto the Coaching Scheme will need to be BOA members. After qualification and if we are able to link up with *Skills Active* (etc), coaches will be encouraged to join *REPs* to become a registered exercise professional and benefit from the support, CPD and insurance they offer.

The Coaching Scheme is to provide a complete structured programme for teaching and qualifying UWH coaches within the BOA. It should be designed to meet all Sport England (Sportscotland, etc), "Club Mark" standards, which will in due course facilitate BOA clubs to achieve this national grade.

The working group should also establish how the initial set-up of the Coaching Scheme would be put into practice. Certain people, already operating as coaches, would need to be designated Advanced Coaches so that the Coaching Scheme can be initiated and there are personnel who can instruct and assess future coaches.

The working group should provide detailed course notes and materials. The first stage would involve producing materials for the Club Coach, followed by Senior Club Coach. The working group shall then provide a costing for Advanced Coach – it is anticipated at this stage that Club Coach and Senior Club Coach courses could, in the main, be produced, managed and delivered internally whereas Advanced Coach will necessarily involve external professionals.

1.3 Role

The UWH Coaching Scheme working group will be lead by Tim and Libby Dale. They will actively seek knowledgeable members of the underwater hockey community and their contacts to assist in the development of the Scheme and would welcome input from leisure, management, sports science and/or coaching professionals. This group will generate all the necessary documentation and material to deliver this Coaching Scheme.

They will allow any interested member to follow the development of this Scheme and the opportunity to join the group if that member adds value to the group.

The group will be responsible to review and record any input by members to the development of this Scheme, and relay back to the BOA Committee any issues.

The group will work on an initial budget of £500 and will seek authorisation from the BOA Committee prior to incurring any costs beyond that. Any expenditure will be itemised and receipts provided. It is acknowledged that whilst the working group are to prepare proposals for financing the venture, it is likely that



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the initial costs of setting up the courses and preparing the materials may not be recovered immediately. This will need to be recovered through delivery of courses.

Any changes to the requirements or directive must be authorised by the BOA Committee and a new release of this document published.



2 Introduction to the British Octopush Association Coaching Scheme

The current structure of many sports in the UK include 'levels' of player, and grades of instructor / coach with a progression through recognised levels of coaching knowledge. Different grades of instructor are required to meet the needs of the players.

The BOA already has a referee's structure, and is in the course of producing a players' award scheme which will provide a grading structure for players. A coaching structure is the missing link and vital to complete a comprehensive framework for the development of the sport. Coaches are required to assess and qualify various grades of player. Advanced Coaches would assess and qualify Club Coaches and Senior Club Coaches. Outlined below are the indicative requirements of each grade of coach although the precise requirements will be detailed by the working group.

The lifeguarding element would need to be worked up to comply with national pool lifeguard requirements (per HSE Guidance Note HSG179, *Managing Health & Safety in Swimming Pools*). The working group will also consider what first aid certification coaches should have. In both cases HSE has established national standards which require three yearly renewals.

2.1 Club Coach

A BOA Member, who has achieved the level of Player Bronze and Grade 3 Referee. The student must obtain Enhanced Disclosure. The student must complete a one and a half day course including practical and written assessment. There will be a further assessment once the student has logged 50 hours of coaching after completing that course. On completion of training and the assessment the Club Coach should be competent in coaching players of all standards and may assess players seeking Player Bronze. If the Club Coach has been awarded Player Silver, they may also assess Player Silver.

The one and a half day course has the following modules:

- Welfare of Vulnerable and Disclosure
- Safety on poolside and in the pool
- Session planning
- Evaluation & feedback
- Individual skills
- Team formations
- Warm-up, cool down and stretching
- Drills
- Free and equal pucks
- Teaching snorkelling
- Assessing Player Bronze and Player Silver



2.2 Senior Club Coach

A BOA Member, who has achieved the level of Player Silver, Club Coach and Grade 2 Referee. A Senior Club Coach must complete a two day course including practical and written assessment. There will be a further assessment once the student has logged 50 hours of coaching after completing that course. On completion of training and assessment the Senior Club Coach should be competent in coaching players of all standards and may assess players seeking Player Bronze, Player Silver and Player Gold.

The two day course has the following modules:

- Nutrition
- Sports psychology / motivation
- Conditioning training including periodisation
- Learning models
- Advanced individual skills
- Advanced team tactics including player roles and responsibilities
- Advanced drills
- Set pieces including penalties
- Assessing Player Silver and Player Gold
- Making best use of Club Coaches and other resources
- Organising a tournament

2.3 Advanced Coach

A BOA Member, who has achieved the level of Player Silver, Senior Club Coach and Grade 1 Referee. An Advanced Coach must have logged 100 hours of coaching after having been awarded Senior Club Coach. On completion of training the student should be competent in coaching players of all standards and may assess all players as well as Club Coaches and Senior Club Coaches. Assessment of Advanced Coach is by three fellow Advanced Coaches and includes a practical session and an oral assessment. They must demonstrate detailed knowledge of all components in courses for Club Coach and Senior Club Coach as well as:

- Performance psychology
- Performance physiology
- Fitness testing
- Managing adverse situations
- Anti-doping policy
- Managing injuries
- Assessing Club Coach and Senior Club Coach

The Advanced Coach must also demonstrate experience of:

- Organising a tournament
- Coaching a team at a National tournament
- Assisting with National Squad coaching



3 Flowchart showing overall player, referee and coach structure

The appendix to this document is a diagrammatic representation of how the BOA envisages the overall structure and takes in the existing structure for referees and proposed structure for players. These have been interlinked so that, for example, rather than a Player Silver demonstrating knowledge of the rules, they must actually be a Grade 3 referee. This makes the assessment more objective.

The working group will liaise with the working group for the Player Awards so as to ensure consistency of approach.

The BOA's overall aim is to ensure there is a clear pathway to develop players, coaches and referees alike.



4 Course Overview : Club Coach

This is a broad outline of the course mentioned in Part 2, to be adapted as necessary and developed by the working group. It is intended to cover the basics in adequate time and includes a practical session.

Day 1

10.30 - 11.00	Registration
11.00 - 11.15	Introduction and overview of the course
11.15 – 11.35	Teaching snorkelling
11.35 - 12.00	Warm-up, cool down and stretching
12.00 - 13.00	Team formations
13.00 - 13.30	Lunch
13.30 - 14.00	Drills
14.00 - 15.30	Individual Skills
15.30 - 15.45	Coffee Break
15.45 - 16.30	Session planning (with practical group exercise)
16.30 - 17.15	Evaluation and feedback for coaches
18.00 - 20.00	Pool time – putting it into practice and game time

Day 2

09.00 – 09.45	Refresher, introduction and feedback from practical
09.45 – 10.15	Welfare of the Vulnerable and Disclosure
10.15 – 10.45	Free and equal pucks
10.45 – 11.00	Coffee break
11.00 – 11.30	Safety on poolside and in the pool
11.30 – 12.00	Assessing Player Bronze and Player Silver
12.00 – 12.30	Summary, close and questions
12.30 – 12.45	Course feedback

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APPENDIX

BOA Coaching, refereeing and player grade structure

