

# BEF Unified Coaching Development Programme and UK Coaching Certificate



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# The need for a Plan

- Many capable people involved in coaching
- Too much unqualified coaching
- BEF Member Bodies fragmented
- Some good work; potentially insular
- Insufficient collaborative working
- Learn from each other, other sports and from beyond sport
- Significant Government support for 'joined-up' coaching
- UK Coaching Certificate – sport-wide – quality coach education and parity across sports. Government supporting sport's request
- **Bring together all that is best, and gain the benefits of a unified modern coaching system**

# The BEF unified Coaching Development Strategy

- Why? - Background and Purpose
- Vision and Mission
- Current Status and Key Issues
- Working Together
- Research Information
- Qualifications framework (UKCC)
- Qualifying and upgrading coaches
- Employment of coaches
- Lifelong Learning and CPD
- Support and recognition
- Resourcing and renewing the strategy

# BEF-wide unified Coaching Development Programme – recent developments

- Colin to lead the process (Sept 2003)
- External experience plus facilitation skills
- Plan complete by July 04 – on time
- UKCC funding application Sept 04
- CDOs – CDAT – BEF Board
- Four coaching consultants (Jun-Oct 05) to manage developments and write the material – Suzanne, Paul, Jacqui, Sarah
- nb. BEF website (coaching section)

# UKCC - Five levels and many disciplines

- **Level 1** – Assistant...delivers aspects of sessions...direct supervision
- **Level 2** – Basic, safe coach. Has a Level 3 mentor. Can prepare for, deliver and review a progressive series of sessions
- **Level 3** – Fully autonomous coach; role model at County/Regional level. Can plan, deliver, analyse and review annual programmes of rider development
- **Levels 4 & 5** – Later - regarded as a real national expert (performance coach or development coach)

# UKCC Endorsement Criteria

- Qualifications written and submitted
- Learning Programmes
- Learning Resources
- 'Workforce' (Coach Educators and Assessors etc)
- People/organisations to deliver the training/assessments (BD, industry, education establishments)

# UK Coaching Certificate

- 'What' to coach
- 'How' to coach



- Technical syllabus

- Pedagogy

# What to coach

## The L3 Dressage Technical Syllabus

See attached handout

# How to coach

## UKCC L3 = Plan, implement, analyse and review annual coaching programmes

- Analyse participants' current and potential performance, needs and aspirations
- Plan a coaching programme according to agreed goals
- Manage a safe and effective coaching environment
- Deliver programme goals using a range of coaching styles and methods
- Monitor and evaluate the effectiveness of coaching programmes
- Manage and develop personal practice

# How to coach?

## UKCC L3 – Knowledge and Understanding

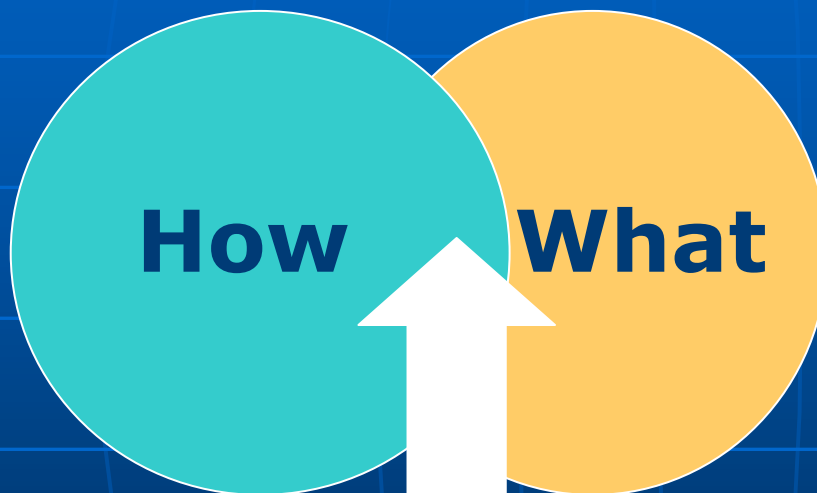
- **Safe and ethical practice**
- **Welfare of participants and others**
- **Types and methods of communication – effective working relationships**
- **Managing the coaching environment for effective development**
- **Sources of information to inform the programme**
- **Health and safety**
- **Applying coaching practice to meet different needs**
- **Physical training principles, nutrition**  
**Range of methods to develop rider performance**
- **Psychological aspects to improve performance (eg motivation)**

# How to coach?

## UKCC L3 – Knowledge and Understanding

- Skill acquisition, theories of learning, learning styles methods to improve learning to meet needs
- Methods to modify and adapt sessions and refine the programme to meet needs, abilities and stage of rider development
- Information and methods to evaluate coaching programmes
- Methods to improve personal coaching practice
- Current developments within coaching and dressage
- Advising and supporting other coaches

# UK Coaching Certificate



- **Assessed on;**
- **Assessment tasks**

- **Learning and Preparation**

# UKCC – APL

But what about my existing qualifications and skills?

- Fully accounted for provided these are demonstrable or evidenced
- Training/Assessment Providers can write 'Transfer Modules' as long as they meet the Learning Programme guidance

# Delivery

Reg

IA

Learning,  
preparation,  
formative assessment

**Final  
assess**

**Cert**

Thank you

for all your continuing efforts and  
support

Questions?