

# BEF Unified Coaching Development Programme and UK Coaching Certificate



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Thank you for having  
me!

Special thanks...

# 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**

# 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 (June 05) to manage developments and write the material
- nb. BEF website (coaching section)

# 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

# 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 (ABRS, industry, education establishments)

# UK Coaching Certificate

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



- Technical syllabus

- Pedagogy

# What to coach

## The L2G Technical Syllabus (at 20 July) (ABRS, BHS, Pony Club, SEA)

- Mounting/ dismount
- Riding position
- Warm-up for horse
- Prepare to ride
- Independent seat
- Natural aids
- Artificial aids
- Effective riding
- Health & Safety
- Riding in the open
- Jumping position
- Riding over poles, fences and a course of fences
- Balance and rhythm when riding a course of jumps
- Pony Club/Vaulting-type basic fun games/exercises (treat riders as athletes)
- Warm-down horse
- Lungeing
- Tack and saddlery
- Theoretical:
- First aid procedure
- Basic knowledge of equine behaviour/ psychology
- Equine anatomy/ physiology
- Suitability of horses

## How to coach

UKCC L2 = Prepare for, deliver and review coaching sessions

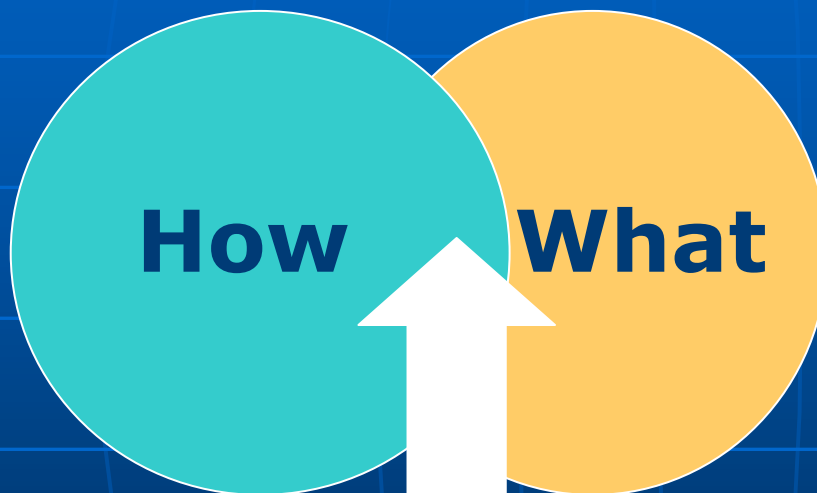
- Plan a series of coaching sessions
- Prepare the coaching environment
- Deliver a series of sessions
- Monitor and evaluate coaching sessions and personal practice

# How to coach?

## UKCC L2 – Knowledge and Understanding

- **Safe and ethical practice**
- **Welfare of participants**
- **Types and methods of communication**
- **Managing the coaching environment for effective development**
- **Health and safety**
- **Physical training principles, nutrition**
- **Motivation and performance development**
- **Skill acquisition, learning styles, methods to improve learning**
- **Adapting your style to meet participant needs, abilities and stage of development**
- **Methods to evaluate coaching sessions and the coaching process**
- **Methods to improve personal coaching practice**

# 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
- 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?