

# Level 1 Coach Qualification Course Information Pack

## PART ONE:

# Introduction to our Qualifications

The UK Dodgeball Association has recognised the efforts of all participants in the sport. We have a commitment to raising the profile and standard of the sport across the UK. An important part in doing this is to develop the attributes of new and established participants in the sport, whether through playing, officiating or coaching.

Our aim is to develop the very best coaches to deliver the sport to all ages in the community and in schools, to do this we have developed a coaching model which incorporates high quality courses to aid the continual professional development of our coaches.

The model includes the needs of all coaches from performance to participation for both young children and adults. Our structure contains four levels of expertise from novice up to elite, each course is designed to meet the needs of all the candidates and strives to raise the standard of their coaching in their participant sector as well as developing the skills to work in other target sectors also.

The UKDBA currently has 3 courses, with more on the way as the sport develops, these courses are:

**UKDBA Taster Sessions** – for those looking for a fun introduction to the sport, our tutors deliver a 3 hour workshop delivering the rules, basic skills and knowledge to develop the sport in your area.

**UKDBA Level 1 - Lead Coach-** UKDBA Level 1 Coaching Certificate in Dodgeball is designed to enable those with little or no experience in the sport an insight into all aspects of Dodgeball, and to develop the coaching skills to successfully assist in the delivery of a Dodgeball Session

**UKDBA Level 2 – Head Coach -** The UKDBA Level 2 Coaching Certificate in Dodgeball is designed to enable those who have some experience of Dodgeball to attain and develop the skills necessary to deliver a high quality experience to players of all ages.



# PART ONE: Introduction to our Coaching Pathway

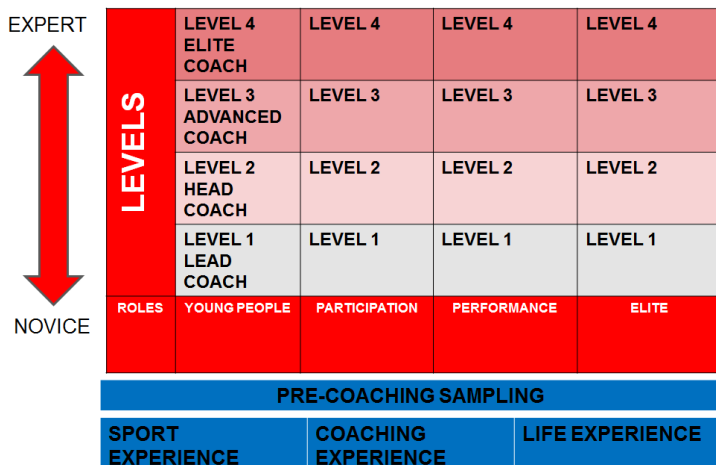


Fig.1 UKDBA Coaching Development Model

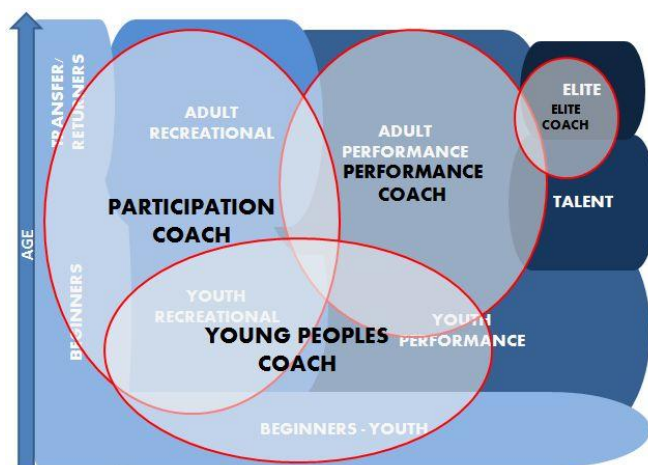


Fig.2 UKDBA Participant Development Model showing Coaching Populations

As you can see from our models above, we offer a pathway for coaches to develop their knowledge, skills and understanding for a variety of coaching populations. In conjunction with this, the UKDBA also offer a pathway for those coaches and players who wish to take on officiating.

A referee workshop is offered for those with no experience in the sport, however successful qualification as a level 2 coach includes qualification as a level 1 junior referee with the option to upgrade to a level 2 referee following assessment at our adult competitions. For more information on officiating do not hesitate to contact our development officer for Referees.

**PART TWO:**

# **Introduction to the Level One Qualification**

The UKDBA Level 1 Coaching Course is for candidates with very little, if any experience in the UK sport of Dodgeball, it is open to any candidate over the age of 16 who wants to improve their knowledge of the sport and their coaching skills. The course has been designed by the NGB for Dodgeball, the UKDBA and its development team, the team has a wealth of experience in all age groups, and with input from the top international coaches their expertise has helped to form a high quality qualification for you to experience.

The certificate upon successful completion of the qualification, will enable you to deliver coaching activities, and assist a more qualified coaches in coaching the skills and techniques to both children and adults. This qualification will also enable you to progress onto a Level 2 Head Coach award.

## **Qualification Prerequisites**

You are required to:

- Be at least 16 years of age
- Filled out the relevant details on the pre-course booking form

**Note:** it is strongly recommended that you attend an emergency first aid course and a duty of care/child protection course. This is not mandatory , however it is compulsory if you wish to progress onto the UKDBA Dodgeball Level 2 course in coaching Dodgeball.

## **Registration**

Your certificate does not expire, however your insurance through the UKDBA will need to be renewed 12 months after receiving your qualification.

## **PART TWO:**

# **Qualification Aims and Objectives**

### **Aim**

To provide you with an introduction to the sport, and providing an understanding of the coaching skills to deliver a safe, fun session of Dodgeball to Young people and adults, while under supervision by a more experienced coach qualified at Level 2 or higher.

This course offers an insight into Dodgeball for aspiring coaches in the sport, developing their knowledge and understanding of how to coach Dodgeball to a variety of ages, whether it is a local community group, or to a school team.

### **Objectives**

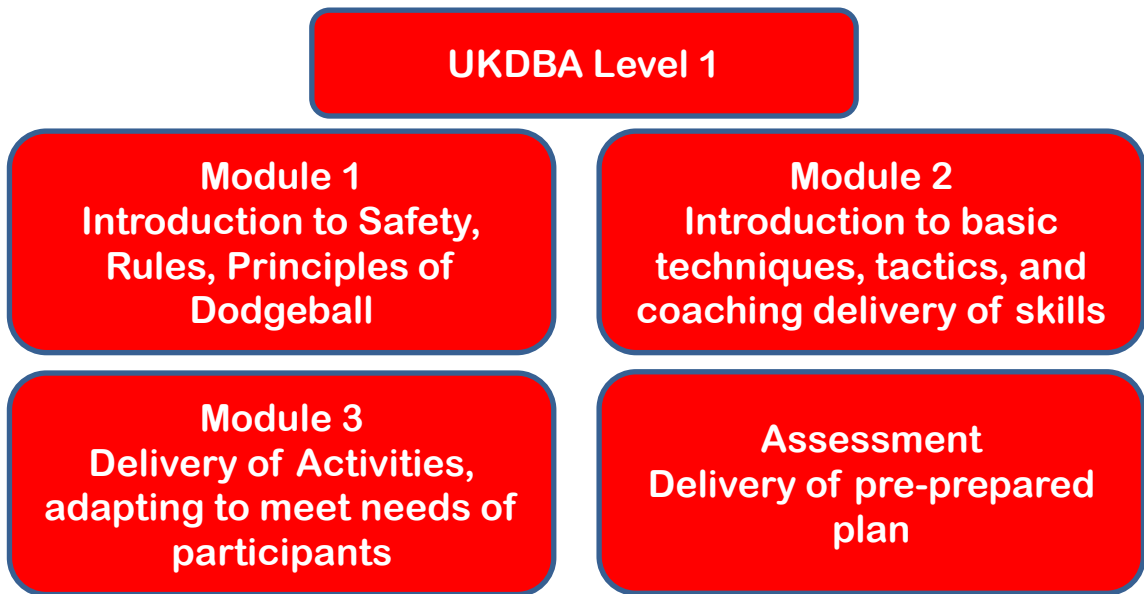
Once candidates have successfully completed the Level 1 course in coaching Dodgeball, they should be able to:

- Establish a safe working environment
- Develop positive relationships with participants
- Understand rules and principles of Dodgeball
- Prepare players for coaching activities
- Deliver prepared activities
- Understand basic techniques of core skills
- Conclude and review prepared activities
- Adapt prepared activities
- Support participants needs and behaviour

## **PART TWO:**

# **Qualification Format**

The UKDBA Level 1 consists of 4 parts, 3 modules and an assessment. The 3 modules are assessed throughout the modules and within the final assessment, all areas must be passed in order to successfully complete the qualification.



## **Continual Professional Development**

Successful candidates are then able to go and seek employment whether paid or voluntary, full time or part time in the role of an assistant Dodgeball coach.

Various types of coaching employment may include social clubs, community clubs, school clubs or any other equivalent in the UK. As they develop as a Dodgeball coach they should seek to continue to improve on their coaching skills and knowledge, as well as keeping up to date with any developments in the sport. They should do this while working with a more experienced, higher qualified coach.

Following this extended experience as a qualified level 1 coach in Dodgeball, the individual may choose to develop their skills further and continue their professional development by engaging in further training opportunities offered in Dodgeball or other coach-related organisations. In doing this the candidate may want to progress on to the UKDBA Level 2 Head Coach coaching certificate or transfer across our programme onto a Level 1 in Officiating Dodgeball.