

Level 2 Coach Accreditation

National Participant Framework - 2021

BACKGROUND

The Level 2 Coach Accreditation is a blended learning program that consists of both online and face to face course components. The program has been revised and adapted as a result of the redesign and rollout of the CoachAFL Accreditation Model in 2018 and which will continue to evolve and adapt over time. Ultimately, CoachAFL will provide coaches with a suite of education, training and resources specific to the age groups and levels they are coaching, using a range of online, face-to-face and self-directed learning modules. The AFL is responsible for the development of the National Coach Accreditation Framework and CoachAFL platform for accreditation and reaccreditation. The State/Territory Member Organisations are endorsed to deliver the Level 2 Coach Accreditation across metropolitan and regional areas as required.

COURSE REGISTRATION

COURSE FEES:

- Participant cost for Level 2 Coach Accreditation is \$250

COURSE INFORMATION

TARGET COACHES

- Youth - Coaches who are involved in coaching U13-U18 age groups
- Senior - Coaches who are involved in coaching U18 and over age groups

PRE-REQUISITES

- CoachAFL membership and Foundation Coach accreditation
- Engaged as a coach in a community (including local club & school), talent or state league program*

***Elite athletes** (State League, AFL) transitioning to coaching are required to complete the online Foundation Coach Accreditation relevant to the age group they will be coaching. However, the AFL provides the opportunity for these athletes to ‘fast track’ the coaching experience requirement by recognising their knowledge and skills in the practical aspects of football.

***Experienced Coaches** transitioning to football from a secondary sport, or with experience of working in an educational environment, are required to complete the online Foundation Coach Accreditation relevant to the age group they will be coaching. However, the AFL provides the opportunity for these coaches to ‘fast track’ the coaching experience requirement by recognising their knowledge and skills in the practical aspects of their sport.

RECOGNITION OF CURRENT COMPETENCY /RECOGNITION OF PRIOR LEARNING (RPL)

RPL is based on the awareness that people learn and develop competencies in many different ways throughout their lifetime – through work experience and life experience as well as through education and training. RPL considers a person’s skills and experiences, no matter where these were learnt, to enable people to gain credit in a training program of study. Individuals should apply in writing to the relevant State Coaching Manager providing evidence of relevant education, qualifications and experiences.

PRE-COURSE REQUIREMENTS

- Prepare and bring a written coaching philosophy to the face to face course using the template provided on acceptance to the course (*a philosophy template will be provided on acceptance into the course*)

Level 2 Coach Accreditation

National Participant Framework - 2021

- View the “*Designing Small Sided Games*” videos on CoachAFL in preparation for the practical game sense and constraints-based approach session at the face to face course

EACH PARTICIPANT TO RECEIVE

- AFL Level 2 Coach Accreditation on completion of the assessment requirements of the course
- Access to the Level 2 Coach Accreditation portal on CoachAFL to access resources and assessment tools
- ‘*Coaching Better Every Season*’ book by Wade Gilbert

RECOMMENDED FURTHER READING:

- Recommended reading will be provided on acceptance into the Level 2 course

RECOMMENDED FURTHER LEARNING

- **Player Centred Coaching** <https://www.futurelearn.com/courses/player-centred-coaching>
Develop your coaching skills with the player-centred approach (**not compulsory**)

EACH PARTICIPANT SHOULD BRING TO THE COURSE

- Writing material
- Suitable training attire for practical activity sessions
- Suitable footwear for outdoor or indoor training surfaces
- Whistle
- Sun protection, sunscreen and hat (if outdoors), water bottle and adequate refreshments

LEVEL 2 ASSESSMENT TASKS

To successfully satisfy the requirements for Level 2 each candidate will need to complete the following:

Create the vision & philosophy

1. Create and upload a coaching philosophy to CoachAFL (bring a written coaching philosophy to workshop at the face to face course)

Shape the environment

2. Develop and upload a completed Coaching Season Plan using the template provided and workshopped at the face to face course – upload to CoachAFL.

Build relationships & guide learning

3. Input during group activity at the face to face workshop and inclusion of an activity to build relationships with a key stakeholder group (players, parents, committee) as part of the Coaching Season Plan.

Coach at training

4. Complete the pre-course requirements – view small sided games videos and related article on CoachAFL platform.
5. In small groups, design and present a game sense/constraints-based activity progression at the face to face workshop
6. Engage a mentor/coach to observe you conducting a training session which **incorporates a constraints-based / game sense approach** and have them complete and sign the Mentor Observation - Training Session Template. Upload to CoachAFL after de-briefing.

Coach the game

7. Complete a games analysis activity around game day footage and feedback to a team at the face to face workshop
8. Engage a mentor/coach to observe you coaching on matchday and have them complete and sign the Mentor Observation - Matchday Coaching Template. Upload to CoachAFL after de-briefing.

Level 2 Coach Accreditation

National Participant Framework - 2021



Personal learning & reflection

9. Engage a mentor coach/es, meet and document 4 conversations across the season in the Level 2 Mentoring Booklet and submit after the post season review – upload to CoachAFL.

ASSESSMENT TASKS – AFL & AFLW PLAYERS (AFLPA LEVEL 2)

To successfully satisfy the requirements for Level 2, each AFLPA candidate will need to complete the following:

Create the vision & philosophy

1. Create and upload a coaching philosophy to CoachAFL (bring a written coaching philosophy to workshop at the face to face course)

Shape the environment

2. Input during group activity at the face to face course around the development of a Season Plan.

Build relationships & guide learning

3. Input during group activity at the face to face workshop around Team Culture and building healthy relationships.

Coach at training

4. Complete the pre-course requirements – view small sided games videos and related article on CoachAFL platform.
5. In small groups, design and present a game sense/constraints-based activity progression at the face to face workshop
6. Engage a mentor/coach to observe you conducting a training session which **incorporates a constraints-based / game sense approach** and have them complete and sign the Mentor Observation - Training Session Template. Upload to CoachAFL after de-briefing.
7. Observe an elite training session for a sport other than football and complete the Cross-Sport Observation – Training Session Template — signoff by the Coach & upload to CoachAFL.

Coach the game

8. Complete a games analysis activity around game day footage and feedback to a team at the face to face workshop

Personal learning & reflection

9. Engage a mentor coach, meet and document 2 conversations pre and post training session review in the Level 2 AFLPA Mentoring Booklet and submit after the post session review – upload to CoachAFL.

Competency Themes	Performance Element
Create a vision and philosophy	<ul style="list-style-type: none"> • Appreciate the big picture – understand your coaching context and implications for your coaching programs • Develop and effectively communicate a personal coaching philosophy which articulates your purpose, principles and values
Shape the environment	<ul style="list-style-type: none"> • Engage a mentor to assist with season planning, coaching practise and growth as a coach across the course of a season. • Understand and apply the principles of season planning including reference to the six coaching competency themes • Prepare a safe and effective environment for maximising learning and improvement
Build relationships and guide learning	<ul style="list-style-type: none"> • Establish a positive team culture within and around the team and club incorporating individual and team standards • Build and maintain healthy connections with players, parents, officials club coaching coordinator and committee members • Understand and implement athlete wellbeing principles and practises
Coach at training	<ul style="list-style-type: none"> • Understand and apply skill acquisition principles to teach and develop advanced skills of Football • Incorporate the principles of the demands of the game when programming representative practise design. • Demonstrate effective coaching practise and behaviours utilising game sense and constraints-based approaches at training • Apply the principles of Positive Sports Coaching in coaching practise to improve player optimism and resilience
Coach the game	<ul style="list-style-type: none"> • Apply advanced tactics and strategies of Football in a competitive situation • Observe, analyse and provide feedback – demonstrate effective noticing skills of player and team in practice and competition and offer feedback and instruction. • Understand the principles of games analysis and supporting tools such as video to capture moments of the game and teach principles of play • Apply the rules of Football in skill sessions and game strategy planning
Personal learning and reflection	<ul style="list-style-type: none"> • Self-reflect on coaching practise with the help of a Mentor including a review of the season and actions to progress and improve • Constantly seek opportunities for formal and informal learning to ensure continuous growth • Manage personal development and own health and well being

COURSE OVERVIEW

SESSION ONE – ON-LINE LEARNING

Time	Element	Content	Duration	Delivery
	Course Check-In		10 mins	
	Introduction	Course Overview & Assessment Tasks	10 mins	Rick Coburn <i>(State Coaching Lead - Vic)</i>
	Elements 1 – 3 - Create a vision and philosophy - Shape the environment - Build relationships and guide learning	-Engage using a relationship narrative in pairs, followed by fours -Understanding your coaching context -Coaching Philosophy -Planning & Programming – Season Plan -Developing Team Culture -Healthy connections – parents, club, officials	2.5 hours	Craig Biddiscombe <i>(Elite Team Dynamics)</i> Workshop – Facilitated Learning
20 minutes – Break & reflect on learning time				
	4 - Coach at training	Effective Coaching Practise at training – delivery of skill development – teaching & learning techniques – how to set the environment & facilitate learning using constraints-based coaching .	1 hour	Tim Buszard <i>(Skill Acquisition Essendon FC)</i> Workshop – Facilitated Learning
10 minutes – Reflect & review learning: What actions will you put in place in your coaching context moving forward?				
SESSION ONE COMPLETED – 4 HOURS				

SESSION TWO – PRACTICAL (FACE-TO-FACE)

Time	Element	Content	Duration	Delivery
	Introduction	-Course Overview & Assessment Tasks -Engage group: Line up in order of the least to greatest number of years with coaching experience Pair off from the ends of the line – i.e. person with most experience paired with the least & so on. Three questions asked for opportunity to build relationships and share in fours.	20 mins	Ryan O’Keefe <i>(State Coaching Lead - NSW/ACT)</i>
5 minutes – Reflect & review learning				
	4 - Coach at training	-Develop an understanding of game phases – contest, attack & defence & develop fundamental skills of the game, through the game. -Representative practise design – ensuring your training session replicates what happens in the game. Teaching and Learning techniques – How to set the environment & facilitate the learning using constraints-based coaching	1-hour 1.5 hours Total: 2.5 hours	TBC Workshop - Facilitated Learning Coach Centred learning, i.e. participants coaching in small groups
20 minutes – Break & reflect on learning time				
	5 - Coach the game	Game Day Coaching – Game Plan – strategy, tactics Team address & feedback Game Analysis – Art & science of using numbers vs intuition	1-hour	TBC Workshop - Facilitated Learning
5 minutes – Reflect & review learning				
	6 - Personal learning and reflection	Reflective Practise Engaging a Mentor Coach to reflect on coaching practise (training and matchday) Growth mindset – continuous learning Planning & Programming – Session Plan	45mins	Ryan O’Keefe <i>(State Coaching Lead - NSW/ACT)</i> Workshop Facilitated Learning & Assessment Tasks

SESSION TWO COMPLETED – 5 HOURS