

# Boccia UKCC Level 2

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The UKCC Level 2 course takes place over five days and is aimed at Level 1 coaches, covering:

- Teaching fundamental technical skills
- Running effective sessions
- Coaches' roles and responsibilities
- Analysing movement and developing skills and tactical development
- Developing physical and mental capacities
- Longer term planning and evaluation
- The coach, players and the club
- Competition management
- Practical implementation

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Topics covered will include:

- The coaching process – what to coach, how to coach, plan – do – review
- Risk assessment
- How to organise, build rapport and create a positive environment
- Warm-up
- Practice design and running a session
- Reflective practice
- Technical and tactical principles, process and terminology
- Shot types
- Roles and responsibilities
- Coaching philosophy and styles
- Participant and player development
- Performance analysis
- Nutrition, fitness and conditioning
- Developing an effective mindset, SMART goals, SWOT analysis
- Club and competition management and format
- Managing behaviour through coaching
- Anti-doping
- Assessment

*The five days will cover two non-consecutive weekends and one further assessment day.*

For more information contact Scottish Disability Sport  
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