

Level 1 Boccia Coach Award



The Level 1 Boccia Coach course comprises three online classrooms followed by a full day in-person training, in-situ coaching and a final conversation with the assessor.

Following the course, candidates will have:

- Knowledge of planning and preparation
- Effective communication and demonstration skills
- Observation and analysis skills of player performance
- Knowledge of the provision of appropriate, informative and constructive feedback
- More skills in evaluating their activities
- Understanding of the sport and coaching principles

Virtual Classroom 1

- Reflective Practice – 120 minutes
- Overview of course
- Understanding reflection and reflective practice
- Plan, Do, Review
- Developing your philosophy
- Interactive discussion

Virtual Classroom 2

- What to Coach – 120 minutes
- Shot types
- Propulsion method
- Introduction to technical process

Virtual Classroom 3

- How to Coach – 120 minutes
- Responsibilities and planning
- Health and safety
- Keep it safe
- Plan, Do, Review
- Session plan
- SMART goals
- Starting and finishing sessions
- How to coach

7-Hour Face to Face

- How to coach
- Technical Process
- Shot types
- Propulsion techniques
- Communication
- Assessment

3 x 1-Hour Coaching Sessions

- 10-15 minute assessed in-situ delivery

60-Minute 1:1 Assessor/Coach Conversation

- A one to one conversation between the coach and the tutor/assessor delivery to discuss the coach assessment, the coach's self-reflection and the coach's action plan



For more information contact **Scottish Disability Sport**
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