



# South African Coaching LTCD

## Long Term Coach Development

17 November 2012





# Agenda

- Introduction
- Interval training
- Key elements of LTCD
- The details
- Questions
- Your LTCD



# THE SA COACHING FRAMEWORK





# Coaches: progress to 2012

## System

SACF launched  
LTPD in place  
Implementation Plan

NF WRA completed  
PCC induction and road  
show

Investment template  
drafted

IG; ICSG; PCCs in place  
CATHSSETA MOU

## Coaches ← Impact

LTCD published  
Coaching children drafted

LTCD-NQF alignment  
drafted  
HEIs & Service providers

Preliminary data on  
coaching workforce

Coach developer  
programme commenced

Data management

Registration and licensing

Research and  
development

Impact evaluation



# LTPD + LTCD



**Participant  
development**



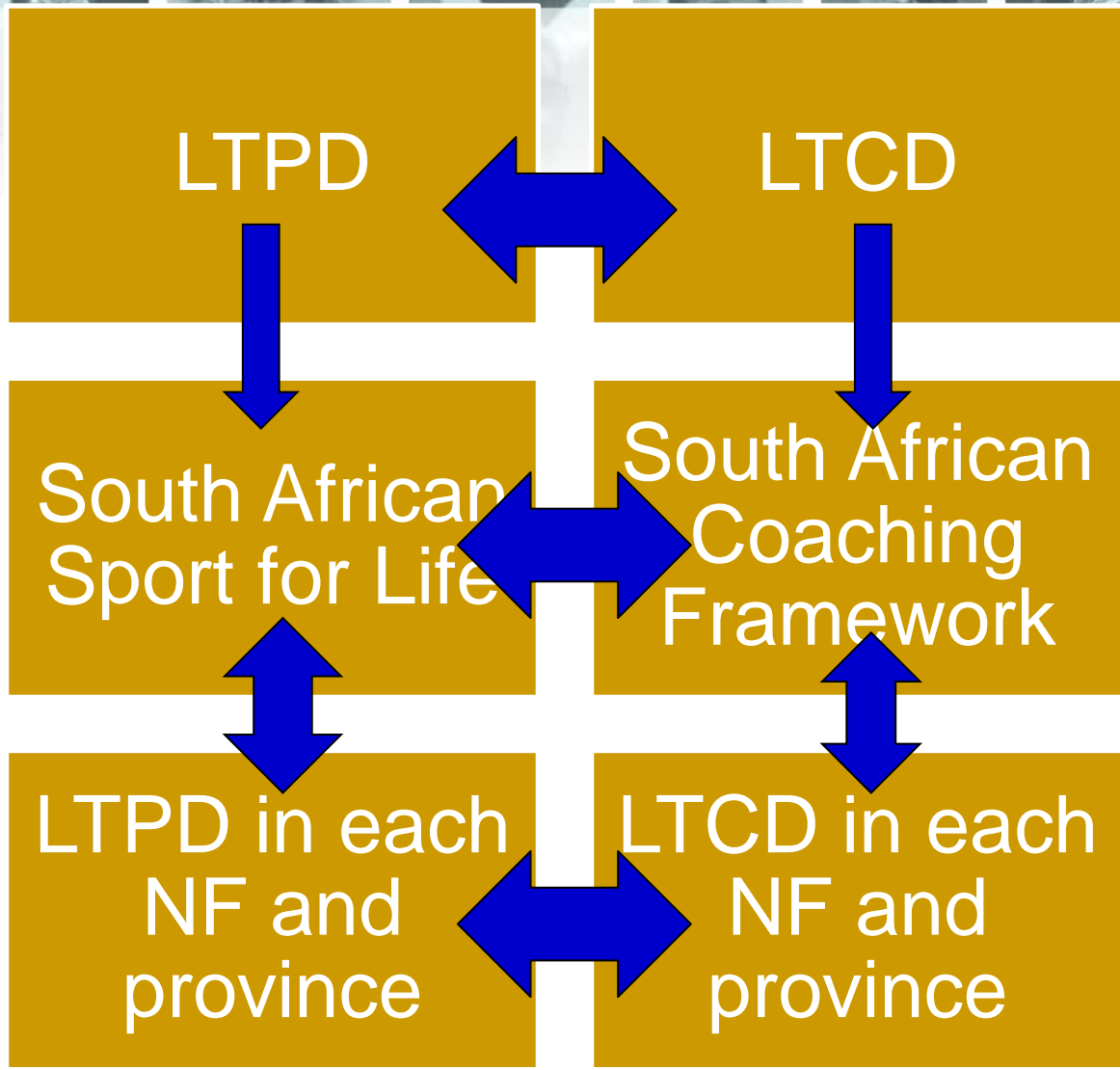
**Coach  
Development**

**Stronger  
and  
transformed  
South  
African sport  
system**





# Two key documents





# *International SPORT COACHING Framework*

Version 1.1



**ICCE**

International Council for  
Coaching Excellence



Association of  
Summer Olympic  
International Federations



# Developing coaching expertise







# Interval training!

- 2 x 60 seconds (x2)
- Who you are; your involvement in coaching and your personal journey

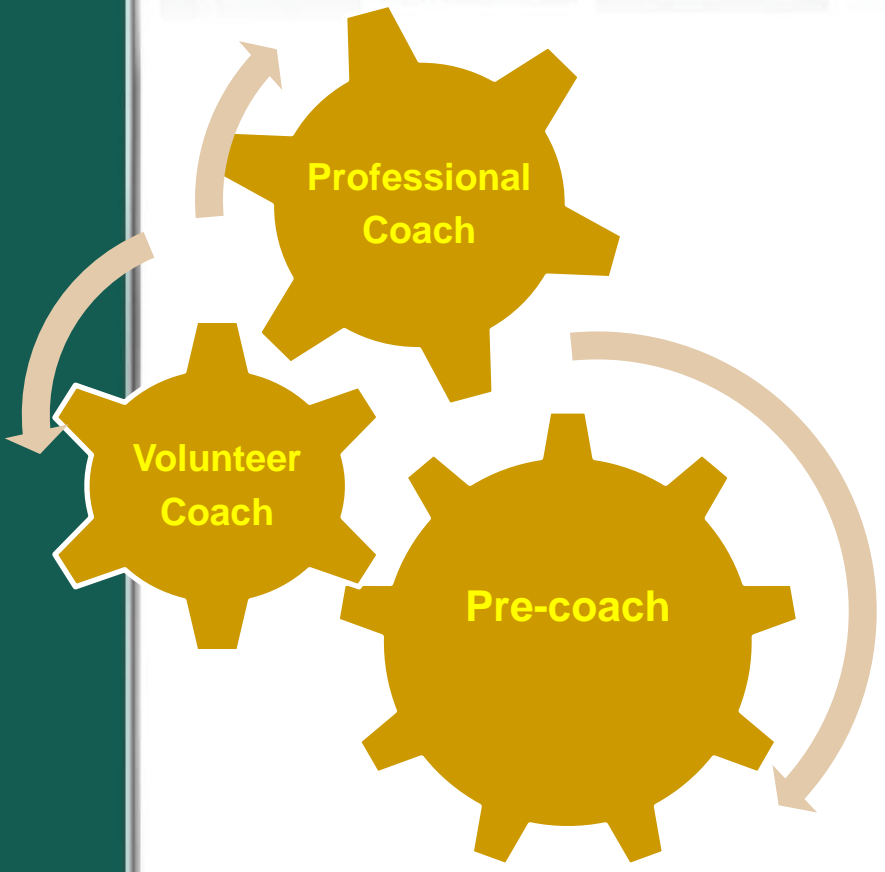


# Interval training!

- 2 x 60 seconds (x2)
- Who you are; your involvement in coaching and your personal journey (or listening/clarifying)
  
- 2 x 60 seconds
- Who you coach, your level of responsibility; how often and whether you do so in a volunteer; part-time or full-time paid role  
(or what is the position of coaches in the organisation you are working with)



# Coaching development model (draft)





# Message from the President!

- An urgent message has come to your group, saying that the SASCOC President has the opportunity to secure funding for 2013 for a coach education programme in one key area of the coaches' role. If done right, this will be the first of many.....
- Your group must decide on one key element of the coaches role that should be covered in the initial programme (groups of 4)



# Core Functions



Create the  
Vision and  
Strategy

Shape the  
Environment

Conduct  
Practice and  
Competition

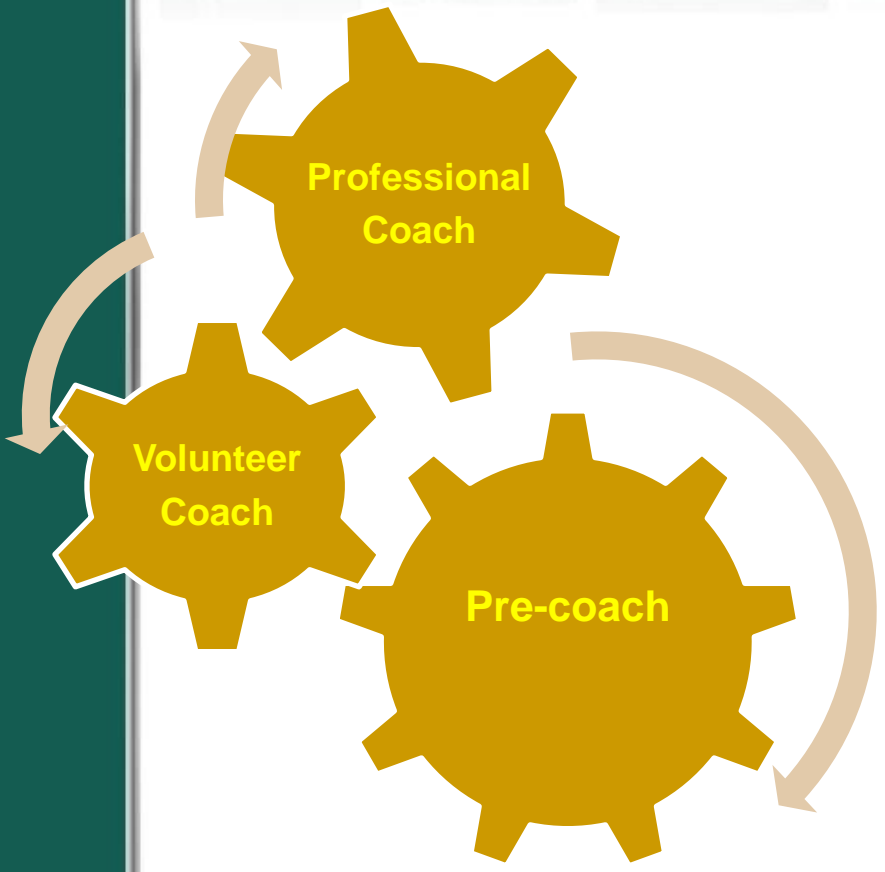
Read and  
React to the  
Field

Reflect and  
Learn

Build  
Relationships  
and Influence



# Coaching development model (draft)





## Future coaching roles



## Requirements at each level





# NF levels and NQF

## Pre-coach

Pre: Induction modules aligned with, but not on, NQF

## Volunteer Coach

Coach: NF Award aligned with, but not on, NQF at Level 5

Coaching Assistant: NF Award aligned with, but not on, NQF Level 4

## Professional volunteer coach

Master Coach: NF Award and Diploma Level 6 or degree Level 7

Senior Coach: NF Award and National Diploma at Level 5

Coach: NF Award and National Certificate at Level 5

## Professional coach

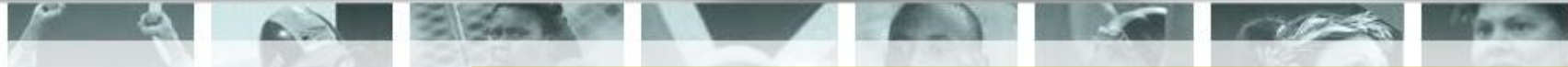
Master Coach: NF Award and degree Level 7

Senior Coach: NF Award and National Diploma Level 6

Coach: NF Award and National Certificate Level 5



# Delivery model



## Sport specific

- Guiding practice and competition
- All aspects of core and domain specific integrated into the sport

## Domain specific

- Children
- Adolescent and adult
- Emerging Athletes
- Performance Athletes
- Elite Athletes

## Core

- Coaching functions
- Coaching knowledge



# Recognition of prior learning (RPL)

Nov 2012

- LTCD published
- RPL process announced

2013

- NFs map and align with LTCD
- NF RPL at Assistant and Coach levels
- Individual applications at Senior, Master Coach and Coach Developer Levels

2014

- RPL awards and CPD course (as required)
- On-going RPL process up to September 2015
- RPL embedded in course entry requirements and legislation from 2016



# Coach developers (CD)

## LTCD

Master

Senior

Coach

Assistant

## LTCDD

National

Provincial

District





## NF and individual application





# LTCD applied

- Common set of rules and guidelines
- Sport specific, with its own identity
- Coach specific, with own personal journey
- Cooperating where we can
- Competing, but part of a bigger vision and identity



## LTCD Publication (tomorrow!)





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