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To become an Proficient Level 1 Coach and consider Level 2

To become a good Level 1 Coach

To become a better Level 1 Coach

To complete the Level 1 course and become a competent Level 1 Coach

Use a 'Whole-Part-Whole approach	<input type="checkbox"/>	Use mainly decision making practices	<input type="checkbox"/>	Competent technical knowledge of all positions	<input type="checkbox"/>
Work with a mentor (CCC)	<input type="checkbox"/>	Develop strategies for, and play from:		The Kick off (receipt & chase)	<input type="checkbox"/>
Counter Attack/Turn Over	<input type="checkbox"/>		The Line-Out	Scrum	<input type="checkbox"/>
Open Play (including ruck/maul)	<input type="checkbox"/>		Defence	The Kicking Game	<input type="checkbox"/>

Understand & apply principals of LTAD	<input type="checkbox"/>	Evolve decision making practices	<input type="checkbox"/>	Assist a Level 2 coach to deliver scrum and lineout	<input type="checkbox"/>
Increase knowledge of all positions	<input type="checkbox"/>	Set problems for the players to solve	<input type="checkbox"/>	Increase levels of purposeful activity	<input type="checkbox"/>
Attend Coach Ed. evenings	<input type="checkbox"/>	Deliver sessions that are linked	<input type="checkbox"/>	Work with older/younger players	<input type="checkbox"/>
Introduce basic tactics & strategies	<input type="checkbox"/>	Use & evolve conditioned games to enhance/support learning			<input type="checkbox"/>

Model good practice at all times	<input type="checkbox"/>	Instil discipline within the group	<input type="checkbox"/>	Maintain a high level of activity	<input type="checkbox"/>
Use a 'Game Sense' approach	<input type="checkbox"/>	More questioning than telling approach	<input type="checkbox"/>	Intervene only when necessary	<input type="checkbox"/>
Plan for the warm up to relate to session	<input type="checkbox"/>	Use Channels and Grids appropriately	<input type="checkbox"/>	Use Key Factors to give feedback	<input type="checkbox"/>
Develop individual's skills	<input type="checkbox"/>	Work with other coaches	<input type="checkbox"/>	Use self reflection to gauge progress	<input type="checkbox"/>

Plan & Prepare Sessions	<input type="checkbox"/>	Provide Demonstrations and model best practice	<input type="checkbox"/>	Observe from various positions	<input type="checkbox"/>
Use Key Factors in your plan	<input type="checkbox"/>	Keep instructions simple & brief	<input type="checkbox"/>	Maximise amount of player activity	<input type="checkbox"/>
Use Key Factors to coach	<input type="checkbox"/>	Make sessions enjoyable	<input type="checkbox"/>	Coach all technical aspect of the course correctly and safely.	<input type="checkbox"/>
Include APES in your planning	<input type="checkbox"/>	Use questioning to check for understanding	<input type="checkbox"/>	Feedback to players is constructive	<input type="checkbox"/>

The grids give an indication of where you are in your coaching development.
As you develop and progress tick off the boxes against the statements in which you confidently and honestly have gained competence.

This will assist you in identifying those areas which require further development and experience. In order to consider undertaking a Level 2 you will be required to be competent, experienced and knowledgeable in all the areas.

Attending coach education evenings, courses and seminars will assist in your development.

