



## **Foundation Coaching Certificate in Shinty**

### **Course Descriptor:**

**The Foundation Course is designed to help any adult, with limited knowledge of coaching and the game of shinty, to work with youth players as an assistant coach.**

The emphasis throughout is to create exciting, enjoyable, game-based activities through which the young players learn and apply the basic skills, concepts, and rules that make Shinty such a great game to play. The focus is on the skills, concepts and rules required for "easy to play - easy to coach" games from First Shinty, 6-a-side and 9 a-side to 12 a-side.

The course will provide the candidate coach with information, advice, and encouragement to help young players participate and learn in a safe, stimulating, and fun environment. The course includes some activity as a '*player*'; however there is no need to participate in these practical examples should you not wish to.

The following elements will be covered:

#### **1) Pre Coaching session**

Coach details: Camanachd Association membership - Disclosure Scotland  
Role of the Coach: Coaching Principles  
Codes of Conduct: Coach – Players – Officials - Supporters  
Health & Safety: Facilities – Equipment – First Aid - Child Protection  
Session planning: Structure – Core Skills – Game variations/rules

#### **2) Coaching session**

Delivery – Structure - Skills – Drills – Outcomes  
Practical Coaching opportunities

#### **3) Post Coaching Session**

Evaluation  
Forward planning – Sessions  
Competitions: Rules of Play

**Entry Requirements:** Candidates must be over 16 years of age. All candidates will have to undertake a Protection of Vulnerable Groups (PVG) Scotland check.

**Cost:** The course has a cost of £30 per candidate and is delivered by fully qualified tutors. Each candidate will receive a Resource Pack and Rules Booklet

**Duration:** The course duration is approximately six hours and may run over one or two sessions.

**Course Request:** Requests to host a course will be accepted from Clubs/Schools who can provide, **at their own cost**, appropriate facilities and a viable minimum of 8 candidates. Clubs/Schools with less than 8 will be combined with other Clubs/Schools where possible. Full Host requirements are detailed on page 2.

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## **Coaching Certificate in Shinty** **Host Requirements**

*With the agreement of the host Club/School courses will be advertised, where appropriate, to other Club/Schools and applications will be accepted up to a set maximum number.*

### **Facilities Required:**

- 1) Indoor meeting room
  - a. Appropriate size to accommodate required numbers.
  - b. Heating and electric power points.
  - c. Tables and chairs to cover number of candidates
  
- 2) Indoor or Outdoor playing area
  - a. Appropriate size to accommodate required numbers.

### **Equipment Required:**

This can be provided by the Camanachd Association, at no cost, but if it is available locally this would assist transportation logistics.

- 1) Indoor meeting room
  - a. Computer – Data Projector – Screen – Flip Chart (paper/pens)
  
- 2) Indoor or Outdoor playing area
  - a. Camans – Balls – Bibs – Markers – First Aid Kit

### **Preparation Required:**

On agreement of a date for the course and following the booking of appropriate facilities the Club/School contacts will be sent the following for distribution:

CA Application Forms, Course Programme, Priority Rules of Play & Codes of Conduct

The contacts should collate and return:

CA application forms and fees to the Camanachd Association