Intro to Coaching Course

This Intro to Coaching course is delivered over three 2hr indoor sessions. It covers the *What, Who and How* of coaching, and is targeted to all snow sports disciplines.

Session Procedure

Each session will be held in Wanaka at the Snow Sports NZ meeting room on Anderson Road. Attendance to the sessions is preferably done in person, however each session will also be live streamed through a Facebook group, allowing members from around the country to also sign up and participate. Each session will begin at 7pm sharp and take at least 2hrs.

For those attending in Wanaka Please be ready at 6.45pm. For those attending online, an email will be sent out the day before to your email address on file (with NZSIA) inviting you to the Facebook group for the sessions. You must join this group prior to the event starting.

Photos/Video

We may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your trainer if you do not want images of yourself used in this way.

Development and Feedback

At NZSIA we welcome your feedback and appreciate constructive ideas, if you have any feedback please talk with your Trainer or Course manager.

Contact Details

All matters concerning registration, payments, etc. should be referred to the admin office in the first instance - Email: admin@nzsia.org Ph: 03 4511534.

Course Outline

SESSION 1: WHAT is coaching?

This session covers the following topics and tasks:
- Overview and introduction to course content and people
- The theory of sports coaching and the NZ landscape
- The importance of the coach in NZ
- Role models in sport and behaviour between coach and athlete
- Motivations
- Good vs exceptional coaching
- The differences between coaching, teaching, guiding, instructing, leading
- The instructing and coaching continuum
- Who-ness, What-ness, and long-term development
- What it takes to be a world-class coach
- Athlete pathway and what is a carded athlete
- Winning on the World Stage

Delivery principles and key models covered in this session include:
- The Judger vs Learner approach - discussion: Athlete and Coach perspective
- The Thinking and Growth Mindset
- Action Learning Cycle
- The Snow Sports NZ Rocketship Skills Profile

Homework for the week:
- Apply something from this session into part of your day this week and report back next week on what and how you did this.

SESSION 2: WHO are we coaching?

This session covers the following topics and tasks:
- Takeaways from last week and how it was implemented during the week
- Re-cap on the Action-Learning cycle appreciating the continuous loop
- Coaching the Athlete of Today
- Athlete-centred learning and the NZ Coach Approach (the basis of question-based learning)
- Learning styles and personality (talent vs work ethic and task vs ego)
- Stages of learning (cognitive, associative, autonomous)

Delivery principles and key models covered in this session include:
- Action-Learning Cycle
- Maslow's Hierarchy of Needs
- Transformational Learning - THE PIT.

Homework for the week:
Pair up and decide what each person will implement into their day-to-day lives to improve their coaching. Have each person revisit their focus at least once during the week and hold them accountable. HOW did they do it?

SESSION 3: HOW do we coach?

This session covers the following topics and tasks:
- Piecing together the relevant information from the past two sessions - pair up and review the previous week's focus, did you achieve what you set out to do? HOW did you implement the change in your coaching approach?
- How am I coaching awareness of different approaches
- Feedback (intrinsic/extrinsic) and senses
- Reflective Practice
- Risks/over-coaching/dependency
- Decision-Making and risk management
- Introduction to the Logbook for Performance Coaching Certification
- What next?

Delivery principles and key models covered in this session include:
- Coaching Ethics and Grow Model
- Snow Sports NZ Technical Skills Components Model