



# Coach Accreditation Framework

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Australian Government  

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Australian Sports Commission



## Judo Australia - Coach Accreditation Framework

The Judo Australia (JA) Coach Accreditation Framework is based upon:

- an emphasis on 'how to coach' not 'what to coach'
- an athlete development centred approach
- utilising a range of coach education delivery methods

***These courses are not intended to teach coaches how to do a technique, but rather to prepare coaches to impart knowledge effectively***

### 1. GENERAL INFORMATION

#### 1.1 Course Delivery

Member States are endorsed to coordinate delivery of the first three levels of courses on behalf of JA. JA will deliver the Advanced Coach Accreditation course.

#### 1.2 All courses are designed to incorporate Long Term Athlete Development (LTAD)

LTAD Level	FTEM Level	Target Participants	Who
Physical Literacy FUNdamentals Active Start	Foundation	Beginners School groups Children	Sporting Schools coaches Assistant coaches Trainee coaches
Learn to Train Train to Train Active For Life	Foundation Talent	Children Teenagers Club members	Assistant Club coaches Head Club coaches Assistant State coaches State Junior coaches
Train to Compete Train to Win	Talent Elite	Club Members Development squad members State squad members	Head Club coaches Assistant State coaches State coaches National team coaches

#### 1.3 Integrated/Separate Coaching Principles Component

Course Name	General Principles
Assistant Coach	The ASC Beginning Coaching Principles course is completed online
Coach Judo	The ASC Beginning Coaching Principles course is completed online
Senior Coach	Intermediate Coaching Principles (selected) pre-requisite
Advanced Coach	Advanced Coaching Principles are integrated

#### 1.4 Course Fees

Fees may vary depending on local costs for course venues and presenters. Course fees will include the costs of JA accreditation and certification and other course costs such as facility hire, administration and equipment hire.

#### 1.5 Presenter/Assessor qualifications

Course Presenters shall:

- preferably have completed Presenter & Assessors Training

JA reserves the right to:

- Approve course presenters not covered by the above criteria after evaluation of such person's relevant experience and knowledge of the sport and having regard to the prevailing circumstances
- Conduct random checks to assess the quality of delivery of the course being conducted
- All course Presenters/Assessors will be selected at the discretion of the respective Member State and/or JA
- Course coordinator reports and participant evaluations will be reviewed to ensure quality control of presenters

<b>Course</b>	<b>Minimum Presenter Qualifications</b>
Assistant Coach	Coach (head club coach)
Coach Judo	Senior Coach Accreditation
Senior Coach	Senior Coach Accreditation
Advanced Coach	Advanced Coach Accreditation

### 1.6 Entry pre-requisites

<b>Course Name</b>	<b>Pre-Requisites</b>
Assistant Coach	ASC Online Coaching principles 16 years of age minimum First Aid qualification Working with Vulnerable People clearance Heads Up Online Course
Coach Judo	ASC Online Coaching principles 18 years of age minimum First Aid qualification ASADA Level 1 Anti-Doping education course Working with Vulnerable People clearance Ability to develop and implement a session plan Heads Up Online course
Senior Coach	Held Coach Judo accreditation for minimum 12 months 18 years of age minimum 50 hours coaching in past 12 months First Aid qualification ASADA Level 1 Anti-Doping education course Working with Vulnerable People clearance Play by the Rules – 2 Online Modules Intermediate Coaching Principles modules Heads Up Online course Minimum grade of Shodan Ability to demonstrate and teach the basic skills of Nage no Kata
Advanced Coach	Held Senior Coach accreditation for minimum 2 years First Aid qualification State C Referee qualification Intermediate Coaching principles modules ASADA Level 1 & 2 Anti-Doping education courses Working with Vulnerable People clearance Heads Up Online course Play by the Rules – 2 Online Modules Minimum grade of Shodan Thorough knowledge of both Nage no Kata and Katame no Kata Ability to prepare a training plan for a competition athlete

### 1.7 Venue

The following are the desired minimum requirements for venues for coaching training to take place:

#### Activity Area

- A tatami or gymnastics mat/sprung floor area with sufficient space to conduct the practical components of the course

Classroom area

- A classroom space is required as close as possible to the activity area to ensure maximum learning time
- Whiteboard and marker pen
- Audio visual equipment (as required)

#### 1.8 Insurance

Course participants are required to be a financial member of their relevant Member State organisation to ensure relevant insurance coverage. Once a coach obtains accreditation, they must remain a financial member of their relevant Member State organisation to maintain accreditation.

## **2. POLICIES AND PROCEDURES**

#### 2.1 Member Protection

JA embraces Kano's 8 values of Politeness, Courage, Sincerity, Honour, Humility, Respect, Self-Control, and Friendship and the concept of Jita Kyoei - Mutual welfare and Benefit.

These values, along with the basic right of all JA members to participate in an environment that is enjoyable, safe and healthy, has resulted in the development and implementation of the JA National Member Protection (MPP) Policy which can be found on the JA website.

#### 2.2 Coach Code of Behaviour

Any breach of the MPP, including the Code of Behaviour, may result in disciplinary action, including loss of coaching accreditation.

#### 2.3 Dispute Resolution

All complaints must be submitted in writing to the relevant Member State or the JA National Office. Appeals regarding the outcome of an application or assessment must be received within 14 days of receiving notification of the application or assessment. The dispute will be considered and notification provided within 30 days of receipt of the complaint. If the dispute is related to the outcome of an assessment task, the participant may be permitted to be re-assessed according to the units that they were deemed incompetent. An independent assessor must undertake this re-assessment, at a time suitable to both parties. This process must be completed within 6 months of the appeal being lodged by the participant. No further appeals will be considered.

#### 2.4 Age Entry to Courses

<b><u>Course</u></b>	<b><u>Age Requirement</u></b>
Assistant Coach	16 years
Coach Judo	18 years
Senior Coach	18 years
Advanced Coach	N/A

#### 2.5 Number of Participants

<b><u>Course</u></b>	<b><u>Course Presenter: Participant Ratio</u></b>
Assistant Coach	N/A - administered by Club head coach
Coach Judo	1:20
Senior Coach	1:15
Advanced Coach	1:10 (at discretion of JA)

## 2.6 Physical Screening Check

All participants must have a personal fitness level that will enable them to perform their normal coaching duties and where required to demonstrate skills at a slow pace.

## 2.7 Attendance Requirements

Participants must be assessed as competent in order to be eligible for accreditation. While the course is offered at a time that considers the needs of the participants, some coaches may need to attend two or more courses to complete each of the course modules. In this case coaches will only pay the fee for one course.

## 2.8 Recognition of Prior Learning (RPL)

RPL is based on the awareness that people learn and develop competencies in many different ways, throughout their lifetime – through work experience and life experience as well as through education and training. RPL takes into account a person's skills and experiences, no matter where these were learnt, to enable people to gain credit in a training program of study.

A person can apply for RPL if they think their prior learning and experience mean they can provide evidence to show that they are already competent in the learning outcomes of the relevant program.

Member State organisations are responsible for assessing applications for RPL for the first three levels of accreditation. The JA will consider RPL for the Advanced Coach accreditation at its discretion.

Individuals should apply in writing to the relevant organisation for RPL providing evidence of relevant education, qualifications and experiences.

## 2.9 Access and Equity

To promote access and equity, all JA Accreditations will:

- Have minimum entry restrictions including an age limit and previous coaching prerequisites
- Be flexible in assessment tasks to allow those with special needs to undertake alternative forms of assessment

## 2.10 Records

The JA will maintain a national register of all accredited coaches including name, contact details, level of accreditation and expiry date.

## 2.11 Accreditation Renewal

<b>Course</b>	<b>Renewal Requirements</b>
Assistant Coach	Completion of another Assistant Coach course within 4 years Resubmission of First Aid/Working with Vulnerable People/other qualifications as required 40 hours of practical coaching over a 4 year period at a minimum of 10 hours per year
Coach Judo	Completion of another Coach Judo course within 4 years Resubmission of First Aid/Working with Vulnerable People/other qualifications as required 40 hours of practical coaching over a 4 year period at a minimum of 10 hours per year
Senior Coach	Completion of another Senior Coach course within 4 years Resubmission of First Aid/Working with Vulnerable People/other qualifications as required 100 hours of practical coaching over a 4 year period at a minimum of 25 hrs per year
Advanced Coach	Completion of another Advanced Coach course within 4 years Resubmission of First Aid/Working with Vulnerable People/other qualifications as required 200 hours of practical coaching over a 4 year period with a minimum of 50 hours per year Presentation at National Club Seminar/other as required by JA

## 2.12 Accreditation Renewal Activities

Practical coaching can be undertaken with any level of athlete or team and may occur on a regular basis (weekly, fortnightly) or in specific situations such as camps or clinics.

### 2.13 Accreditation Renewal Process

Applications for re-accreditation should be made to the relevant organisation prior to the accreditation expiry date. Applications for re-accreditation must be accompanied by a completed log-book. Applications for re-accreditation will only be accepted for up to 12 months following the expiry date of the accreditation.

### 2.14 Course Evaluation and Review Process

In addition to an evaluation document completed by participants, the following methods will be used to assess and review courses:

- Brief informal discussions with the course presenters will follow the course. These discussions will focus on the organisation of the course and suggestions for any changes to the delivery methods
- Data on numbers of participants completing this course and progressing to the next level will be analysed on a regular basis
- The courses will be reviewed on a regular basis and input will be sought from relevant coach development stakeholders
- Appropriate updates will be made from time to time to ensure the accreditation framework and courses remain current and suitable

## **3. COACH CODE OF BEHAVIOUR**

The Coach Code of Behaviour is a positive document for all coaches. It affirms a coach's support for the concepts of responsibility, trust, competence, respect, safety, honesty, professionalism, equity and sportsmanship. The code also provides a reference point for clubs, parents, athletes, schools and employers to expect that a coach will demonstrate appropriate standards of behaviour.

### **Coach Code of Behaviour**

#### **Safety and Health of Participants**

Place the safety and welfare of the participants above all else.

Be aware of and support the sport's injury management plans and return to play guidelines.

#### **Coaching Excellence**

Respect the talent, developmental stage and goals of each person and encourage them with positive and constructive feedback.

Help each person reach their potential.

Encourage and support opportunities for people to learn appropriate behaviours and skills.

Support opportunities for participation in all aspects of the sport.

Treat each participant as an individual.

Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of participants.

Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.

Know and abide by Judo rules, regulations and standards, and encourage players to do likewise.

Accept both the letter and the spirit of the rules.

Be honest and ensure that qualifications are not misrepresented.

Make a commitment to providing a quality service to your players.

Provide a training program which is planned and sequential.

Maintain or improve your current coaching accreditation, seek continual improvement through performance appraisal and ongoing coach education and be open to other people's opinion.

#### **Honour the Sport**

Act within the rules and spirit of the sport.

Promote fair play over winning at any cost.

Respect the decisions of officials, coaches and administrators.

Show respect and courtesy to all involved with the sport.

Display responsible behaviour in relation to alcohol and other drugs.

## **Integrity**

Act with integrity and objectivity, and accept responsibility for your decisions and actions.

Ensure your decisions and actions contribute to a harassment-free environment.

Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.

Ensure that any physical contact with another person is appropriate to the situation and necessary for the person's skill development.

Be honest and do not allow your qualifications or coaching experience to be misrepresented.

Never advocate or condone the use of illicit drugs or other banned performance enhancing substances or methods.

Never participate in or advocate practices that involve match fixing.

## **Respect**

Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.

Do not tolerate abusive, bullying or threatening behaviour.

## **Program - Assistant Coach**

*Competency level* - coaches of children and beginner judoka.

### *Prerequisites*

ASC Online Coaching principles

16 years of age minimum

First Aid qualification

Working with Vulnerable People clearance

Heads Up Online Course

### *Target market*

This program is designed to provide coach training through a head club coach for people who wish to work with children or beginner judoka. This could include senior blue or brown belts.

### *Program details*

The Assistant Coach program is conducted under the supervision of a head club coach and coordinated by the relevant Member State organisation. The course is fully practical and encourages ongoing training through the guidance of the head club coach. The assistant coach will develop practices that are based on the LTAD and FTEM models. It is an entry level qualification that sets the grounding for further study towards the Coach Judo qualification. The program aims to develop assistant coaches capable of providing safe, fun, engaging training that maximises participation and enjoyment.

### *Content*

The content of this course is controlled by the relevant head club coach, but the following aspects of coaching should be included:

- the role and responsibilities of the coach
- an introduction to session planning and review, as well as group management
- an introduction to LTAD and physical literacy and Judo A, B, C activities
- Game Sense, FUNdamentals and a game based approach to introducing judo skills
- Safety in the Dojo

### *Assessment*

The head club coach is responsible for assessment of the candidate. A completed application should be forwarded to the Member State organisation together with evidence that the candidate has completed the prerequisites.

### *Competencies developed in the Assistant Coach course*

- Understand the roles and ethical responsibilities of the coach of beginner athletes, including children

- Plan training sessions for beginner athletes, including children
- Assess and manage the risks of coaching beginner athletes, including children
- Safely conduct an inclusive 'Judo' session, ensuring fun and maximum participation through games and activities
- Understand the coaching implications of the basic rules of Judo

#### *Accreditation Renewal Requirements*

To retain their Assistant Coach accreditation coaches must:

- complete another Assistant Coach course within four years
- resubmit First Aid/Working with Vulnerable People/other qualifications as required
- achieve 40 hours of practical coaching over a four year period at a minimum of 10 hours per year

### **Program – Coach Judo**

*Competency level* - effectively run a Judo session within a club environment across a range of athlete abilities.

#### *Prerequisites*

ASC Online Coaching principles

18 years of age minimum

First Aid qualification

Working with Vulnerable People clearance

Ability to develop and implement a session plan

Heads Up Online Course

ASADA Level 1 Online Education

#### *Target market*

This program is designed to provide coach training for people who wish to work with children and adults of beginner and intermediate skill levels. It is targeted at senior judoka and assistant coaches who would like to understand more about the role of coaching and running their own sessions.

#### *Program details*

The Coach Judo program is a full day, 7 hour program, delivered and managed by Member State organisations. The 7 hour course is fully practical and encourages the coach to develop practices that are based on LTAD principles including FUNdamentals, ABCs and physical literacy. It is a practical and lecture based session of coaching activities. The program aims to develop coaches capable of providing safe, fun, engaging training that maximises the participation of participants.

#### *Content*

- The role and responsibilities of the coach
- Different learning styles
- Different coaching styles
- Basic physiology for judo
- An introduction to session planning and review, as well as group management
- An introduction to LTAD and physical literacy and Judo A, B, C activities
- Game Sense, FUNdamentals and a game based approach to introducing judo skills

#### *Assessment*

- Participation in course activities
- Practical - plan and run a 5 minute game based activity at the course suitable for beginners or children
- Effectively teach and demonstrate a Judo technique, ensuring that key teaching elements are identified

#### *Competencies developed in the Coach Judo course*

- Explain the roles and ethical responsibilities of the coach for athletes of various abilities including children.
- Plan and review training sessions for athletes of various abilities including children.
- Assess and manage the risks of coaching beginner athletes, including children.



- Safely conduct an inclusive 'Judo' session, ensuring fun and maximum participation through games and activities.
- Utilise a range of communication, teaching and behaviour management strategies to help maximise opportunities for successful participation.
- Understand the basic physiological implications of training on their athletes.
- Understand the coaching implications of the basic rules of Judo.

#### *Accreditation Renewal Requirements*

To retain their Coach Judo accreditation coaches must:

- complete another Coach Judo course within four years
- resubmit First Aid/Working with Vulnerable People/other qualifications as required
- achieve 40 hours of practical coaching over a four year period at a minimum of 10 hours per year

### **Program - Senior Coach**

*Competency level* - coaches with experience coaching club and state level Judoka across a range of age groups and abilities.

#### *Prerequisites*

Held Coach Judo accreditation for minimum 12 months  
 18 years of age minimum  
 50 hours coaching in past 12 months  
 First Aid qualification  
 ASADA Level 1 Online Education  
 Working with Vulnerable People clearance  
 Completion of Play by the Rules Online Training  
 Intermediate Coaching Principles modules  
 Heads Up Online Course  
 Minimum grade Shodan  
 Ability to demonstrate and teach the basic skills of Nage no Kata

#### *Target market*

This program is designed to provide training for coaches who are working with club and state level judoka, across a range of age groups and abilities, who wish to gain a deeper understanding of the coach's role.

#### *Program details*

The Senior Coach program is a 14 hour program. It can be presented in any combination of blocks of hours or modules.

#### *Content*

The Senior Coach course is a coach training program comprising of mainly practical/hands on coaching activities, with some theory. The Senior Coach course content includes:

- Teaching and Learning concepts
- An introduction to basic periodisation and season planning
- Physiology
- Introduction to and communication of basic sports science principles
- Development and correction of skills and fitness
- Risk management

#### *Assessment*

- Complete short answer worksheet questions
- Participation in course activities
- Practical – demonstration of coaching skills during coaching session of at least 20 minutes duration

#### *Competencies developed in the Senior Coach course*

- Design, develop, implement and monitor a season plan for club and state level athletes, incorporating the basic components of periodisation
- Demonstrate the ability to communicate with, plan sessions and effectively manage athletes across a range of abilities, age groups, goals and backgrounds both in individual and group situations
- Plan, conduct and review training sessions that complement the season plan and are appropriate to the needs of the athlete in a safe, engaging and ethical environment
- Identify preferred teaching methods and coaching styles to develop skills
- Identify the coaching points relating to a skill and detect the common faults
- Plan, organise, conduct and control a skills session
- Demonstrate an awareness of safety in terms of environment and athletes
- Demonstrate the concept of sequential skill progression
- Demonstrate the concepts behind the detection and correction of faults
- Describe when to use a coachable moment
- Provide appropriate and relevant feedback during practical sessions
- Understand the role of the mentor coach and establish practical strategies to enhance individual coaching
- Understand how Nage no Kata can be used as a Judo teaching tool

#### *Accreditation Renewal Requirements*

To retain their Senior Coach accreditation coaches must:

- complete another Senior Coach course within four years
- resubmit First Aid/Working with Vulnerable People/other qualifications as required
- achieve 100 hours of practical coaching over a four year period at a minimum of 25 hours per year

### **Program - Advanced Coach**

*Competency level* - coaches of Judoka aiming for National level representation across a range of age groups.

#### *Prerequisites*

Held Senior Coach accreditation for minimum 2 years

First Aid qualification

State C Referee Accreditation

Intermediate Coaching Principles modules

ASADA Level 1 & 2 Online Education

Working with Vulnerable People clearance

Play by the Rules – 2 Online Modules

Heads Up Online Course

Prepare a training plan for a competition athlete

Have a thorough knowledge of both Nage no Kata and Katame no Kata

#### *Target market*

Coaches who are working with Judoka aiming to compete at a National Level, across a range of age groups, with the view to progressing to international competition.

#### *Program details*

The Advanced Coach course is a 28 hour, national program that is coordinated by JA. The course may be presented in any combination of blocks of hours or modules.

#### *Content*

The Advanced Coach course will comprise of a mixture of theory and practical/hands on coaching activities. It includes:

- further developing of coach knowledge and skills in periodisation and long term (annual) planning
- application of sports science principles
- development and correction of technical skills and fitness
- identification of appropriate support services

- risk management
- competition strategies
- application of competition rules
- psychology

#### *Assessment*

- Participation in training program activities
- Complete short answer work sheet questions
- Assignment – design, implement and modify an annual plan and training program for a judoka aspiring to qualify for a national or international event
- Practical coaching – complete 2 practical coaching assessment tasks (plan, deliver and review)

#### *Competencies developed in the Advanced Coach course*

- Explain the roles and ethical responsibilities of the coach of national level athletes and demonstrate ethical behaviour at all times
- Recognise that coaching is both an art and a science and demonstrate this both in their planning for and management of individual athletes and their programs
- Assess and manage the risks of coaching, both in training and competition
- Develop, implement, monitor and review an annual plan that will assist national level athletes to progress towards targeted personal goals
- Develop, implement, monitor and review an integrated training program to complement the annual plan and meet the specific individual needs of the national level athlete
- Plan, safely conduct and review training sessions that are appropriate to the specific individual needs of national level athletes
- Teach and develop advanced skills of Judo
- Analyse athlete performance and provide appropriate technical corrections
- Apply advanced tactics and strategies of Judo in a competitive situation
- Apply the rules of Judo in skill sessions and competition strategy planning
- Analyse competition styles and tactics
- Safely program and monitor conditioning training for Judo
- Assess and monitor the development and well-being of the athlete
- Use appropriate communication to meet the needs of the situation
- Adopt coaching practices, programs and activities to cater for the individual needs of all players, including players from specific populations
- Understand what role Kata plays in teaching judo techniques

#### *Accreditation Renewal Requirements*

To retain their Advanced Coach accreditation coaches must:

- complete another Advanced Coach course within four years
- resubmit First Aid/Working with Vulnerable People/other qualifications as required
- achieve 200 hours of practical coaching over a four year period at a minimum of 50 hours per year
- present at National Club Seminar/other as required by JA