



## COMMUNITY COACH TRAINING PROGRAM

### AGENDA

Course: Orienteering CCTP Specific – Feb 4<sup>th</sup> 2012

9:00 - 9:10am 10 mins	CCTP Introduction	Welcome, introductions, housekeeping and day's activities
9:10 – 9:30am 20 mins	Playing for Life Practical Session 1	Cooperative games –participant interaction, forming groups
9:30 – 9:40am 10 mins	Understanding P4L	Ensure Community Coaches understand Playing for Life as an approach to coaching that uses games rather than drills to introduce skills and tactics of a particular sport or structured physical activity
9:40 – 10:20am 40 mins	Understanding AASC	Provide Community Coaches with a clear understanding of the AASC program, their role and responsibilities within the program and the role of the Playing for Life approach in the AASC
10:20 – 10:30am 10 mins	Implementing P4L	Community Coaches will learn to apply the key principles of Playing for Life in a practical context and be able to recognise the characteristics of Playing for Life and utilize the Playing for Life tools to run games and activities <b>Complete Assessment 5.1</b>
10:30 – 11:10am 40 mins	Playing for Life Practical Session 2	<ul style="list-style-type: none"> <li>- Practical participation in activities</li> <li>- Playing for life key principles demonstrated</li> <li>- <i>Invasion Games</i></li> <li>- <i>Striking &amp; Fielding Games</i></li> </ul>
11:10 – 11:25am 15 mins	<b>Morning Tea</b>	
11:25 – 11:45am 20 mins	Playing for Life Practical Session 3	<ul style="list-style-type: none"> <li>- Practical participation in activities</li> <li>- Playing for life key principles demonstrated</li> <li>- <i>Target Games</i></li> </ul>
11:45 – 12: 15 mins	Coaching Children	To assist coaches in engaging primary school aged children in a positive environment in coaching sporting and structured physical activity.
12:00 – 12:20pm 20 mins	Introduction of AASC Resources	Ensure that Community Coaches are able to find the various AASC resources, absorb their information and understand how to use them effectively.
12:20-1pm 40 mins	Planning a session	Community Coaches should develop an understanding and capacity to plan, prepare, deliver and review a Playing for Life session by outlining appropriate objectives and skills associated with a sport or activity <b>Complete Assessment 5.3</b>
1pm – 2pm 1 hr	<b>LUNCH</b>	
2pm – 2:15pm	Recap- P4L	A 15 min refresher on P4L for those participants joining us
2:15 – 3:00 45 mins	Orienteering Specific sessions	Participants will be involved in Orienteering activities utilising the P4L principles
3:00– 3:40 45	Orienteering activities/sessions	Community Coaches will work through Orienteering skills sets and the aligned session plans
3:40 – 4:00	<b>Afternoon Tea</b>	
4:00-4:20	Planning Orienteering Sessions	Develop a session plan to align with an Orienteering objective. <b>Assessment 5.2</b>
4:20 -5:40	Delivery	Each participant will coach a 10 minute Orienteering session. <b>Assessment 5.2 con't</b>
5:40-6pm 20 mins	Where to from here	Outlines how a Community Coach can become involved in the AASC program

To qualify for registration as an AASC program deliverer with the Australian Sports Commission, coaches must successfully complete all written and practical components of the CCT course modules, and pass a working with children check.