

Common Core Lecture 2

Artistic Generic Level 1

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Lecturer / Examiner



Common Core Lecture 2

- Group Organisation
- Communication Skills
- Post Course Experience
- Examination Preparation



Group Organisation

Key to successful coaching

- Good communicator
- Able to organise and plan sessions
- Assistant Coach should have access to Parental Permission Forms
- Information on participants needs - will assist in planning of the lesson to ensure that appropriate for the participant



Group Organisation

Planning the Session

- Need to consider
 - Level & Number of Gymnasts
 - Special needs of the Gymnasts
 - Session Goals
 - Allocation of Time
 - Order of Teaching
 - Apparatus arrangements
 - Highlight Key Points
 - Evaluation / Appraisal



Group Organisation

Structure of the Session



- Erect apparatus, check safety
- Check health & fitness
- Brief the participants; session goals & safety
- Warm Up
- Physical preparation session
- Skills training session
- Physical Preparation
- Cool Down
- Evaluation of Session
- Next Session
- Supervise dispersal

Group Organisation

Organising the Session - consider

- Apparatus Arrangements
 - Adequate matting, space, safe
- Observation
 - Clearly see participants all of the time
- Effective use of Time
 - Keep gymnasts active
 - Skill-drill stations
 - Preparatory skills
 - Training aids
 - Watching each other



Group Organisation

**Senior Coach sets style of discipline -
Assistant Coach needs to maintain that
level of discipline - consider**

- **Group Management & Control**
 - Interesting presentation
 - Varied coaching style
 - Suitably challenging activities
 - Coach to gymnast ratio
 - Standards of behavior for all
 - Coach leads by example
 - Controlled discipline



Group Organisation

Discipline

- Misbehavior could be attention seeking
- Do not become angry or frustrated
- Sit child out for a period of time
- Child no longer getting attention
- Then ask to rejoin class
- Try to praise child for doing something well
- Child now feels good about themselves
- Should react more positively to coach and other participants



Communication Skills

Clear, Precise and appropriate language to teach participants effectively

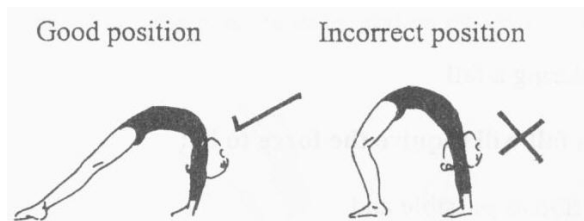
- Good COMMUNICATION essential - consider
- Verbal Communication
 - Stop Class, gain attention
 - Clearly seen & heard
 - Clear, precise, appropriate language
 - Praise & Technical Feedback
 - Check understanding - Questions
 - Reinforcement



Communication Skills

Visual Aids and Demonstrations

- Actions speak louder than words
- Use VISUAL AIDS
 - Demonstration
 - Video
 - Pictures



Communication Skills

Feedback

- Information fed back to gymnast about performance
- Always include 'positive feedback'
- Refrain from 'negative feedback' - destructive
- Use 'constructive criticism'
- More feedback required in the early stages of learning a skill
- Delay feedback for a few seconds to allow the gymnast to gather their thoughts

Communication Skills

Coach - knowledgeable & motivator

- Coach needs to understand the skill they are teaching
- Able to break down into component parts
- Needs to motivate to give incentive and inspiration
- Set appropriate goals
- SMARTER
- Specific Measurable Acceptable Realistic
Time Phased Exciting Recorded

Home Study



- Recommended Reading
 - Making Sport Fun - NCF
 - Introduction to Coaching Men's Gymnastics - British Gymnastics
 - Gymnastics Skills & Games - Jackman & Currier
 - Introductory Gymnastics-Schembri - ABGC
- 4 hours

Preparing for the Exam

- Post Course Guided Learning
 - Opportunity to Practice & Learn
 - 10 hours
 - Mentor Coach - Feedback sheets
 - Mentor Coach more highly qualified
 - See Logbook for advice
 - Complete CC5
 - Direct Associate Membership



Preparing for the Exam

- Logbook - 3 hours
 - Series of tasks and work sheets
 - Completed and authenticated by Mentor Coach
 - Evaluation sheets
 - Instructions on how to complete found in Logbook
 - Requirement that Logbook is fully completed by Mentor Coach
 - Submit to examiner prior to the exam



The Examination

- Practical Examination - 6 hours preparation
 - Teach a minimum of 3 tasks or skills
 - 2 weeks notice of tasks - prepare
 - 1 ½ hour practical assessment
 - Lesson plans for set tasks
 - Assessment check lists
 - Oral questioning
 - Provision of gymnasts



Qualities Being Assessed

- Safety awareness
- Handling /supporting ability
- Gymnastics knowledge
- Organisation of session
- Discipline
- Motivation of gymnasts
- Quality of communication skills
- Safe progressive development
- Assessment of gymnasts ability
- Max.. use of time & space
- Observation/correction of faults
- Use of Praise & feedback
- Evaluation of self / session

And Finally.....

- Don't be nervous!
- Be prepared..
- Know your theory..
- Practice your handling..
- Stay alert and stay SAFE!!

