



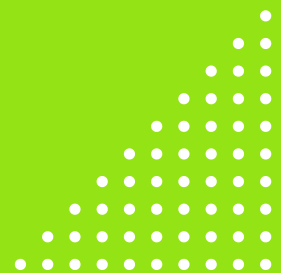
www.taekwondo.ie

INTRODUCTION TO COACHING



This course is aimed at new assistant coaches/instructors who have little or no experience in teaching Taekwon-Do.

Over the course of one weekend, you will be introduced to basic coaching practices and gain familiarity with the methods and techniques used by our most experienced Instructors to get the best outcomes for their students.





COURSE OBJECTIVES



- Stimulate an interest in coaching Taekwon-Do
- Provide basic coaching skills
- Promote awareness of the coaching process
- Identify key factors in working with beginners and in particular young participants aged 6-8 years.
- Safely deliver a planned session
- Contribute to the coaching process as a valuable partner

COURSE DETAILS

The Introduction to Coaching Award is a 2 day in person programme delivered by trained Coach Developers. Full attendance and participation across both days is required. A certificate of participation will be awarded on completion of the programme.

Dates: 11-12 November 2023, 10am-5pm

Cost: €150

Venue: Shannon Taekwon-Do Centre
Unit M1A Smithstown, Shannon
V14X329



OUR PROGRAMME

IRISH TAEKWON-DO ASSOCIATION



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The Introduction to Coaching award is the first step in the coaching pathway. It is required to progress to the IMAC Level 1 Assistant Coach award and the IMAC Level 2 Senior Club Coach Award.

You will think and act as a coach as you consider topics such as:

- The role of the Taekwon-Do Coach
- The needs of young athletes
- Warm up and cool down
- Developing physical literacy
- The 10 golden principles
- Teaching a skill using the IDEAL method
- Exploring the constraints led approach

We recommend this programme to all Taekwon-Do students aged 16 and above and holding 4th Kup (Blue Belt) or higher.

WHAT DO I NEED TO DO?



Register by scanning the QR code
and completing the Google Form



Transfer payment of €150 to Irish
Taekwon-Do Association

Irish Taekwon-Do Association
IBAN: IE46 AIBK 9353 8718 1840 50
BIC: AIBKIE2D

You will need to arrive in Track Suit / Sportswear and bring Dobok, Belt and Sparring Equipment with you.

Tea/Coffee and biscuits are provided throughout the weekend but we recommend bringing a packed lunch each day, especially if you don't have access to a car.

The course is a blend of class based and on the mat practical presentations. You will be involved in your own learning and contribute to the learning process.

You will act as the coach, assistant coach and as the student at various times throughout the weekend.

You will have access to online resources and physical resources to assist you and support you in your coaching.



WHAT TO EXPECT





CONTACT INFORMATION

www.taekwondo.ie

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