

NCDP Coaching Roles.

Within the National Coach Development Programme there are two broad based coaching roles;

1. Participation Coach

This role incorporates coaching participants including children and young people in Sports and Physical Activity.

2. Performance Coach

This role incorporates coaching competitively interested and talented individuals and performers.

Topics Covered On IMAC Level 1

A wide range of subjects are covered during the IMAC Level 1 and Level 2 Coaching Courses and are augmented by Art Specific elements that are delivered by each of the Martial Arts affiliated to IMAC. A full syllabus is available upon registration.

Qualification Recognition

The IMAC Coaching qualification is validated by *Coaching Ireland*, the *Irish Sports Council* and the *Irish Martial Arts Commission*.

FETAC Recognition

In addition, discussions are already at an advanced stage to secure FETAC Recognition for all of these Coaching qualifications.

Course Tutors

All tutors presenting the *IMAC Coaching Courses* are martial arts practitioners, members of IMAC and are trained and accredited by *Coaching Ireland*.

Continous Professional Development

To keep IMAC coaching qualifications current and valid, all Level 1 and Level 2 IMAC Coaches must attend at least one (CPD) Continuous Professional Development course every 3 years.

Code of Ethics

The IMAC Coaching Programme is underpinned by the *Irish Sports Council's Code of Ethics* and *Good Practice For Children's Sport in Ireland*.

IMAC Coaching Officers

The IMAC Coach application form includes the contact details for all the Coaching Officers of the various Martial Arts affiliated to IMAC (Aikido, Karate, Kung Fu, Kickboxing, TaeKwon Do, Tai Chi, Muay Thai.)

Contact Details

If you would like an application form to apply to apply to attend the next scheduled *Level 1 IMAC Coach Course* please email coaching@imac.ie or text 0872 940735



National Coaching Development Programme



Why Coaching?

Good Coaches can make an important contribution to enjoyment and excellence in sport. By becoming a nationally recognised coach you can help people to develop a level of excellence in their martial art. There is a lot to be learned, and a great deal of satisfaction can be gained, from following the coaching pathway.

Coach Development Programme

The *Coach Development Programme Ireland* is a coach education programme. It is coordinated by *Coaching Ireland*, and adheres to the policies of the *Irish Sports Council* and the *Irish Martial Arts Commission*.

IMAC's Programme

The *IMAC Coach Development Programme*, has been established to provide a recognised national coaching qualification to those wishing to become qualified as martial arts coaches in Ireland.

When completed it will provide an educational structure and system of recognition for coaches at 4 levels;

Level 1: Assistant Coach

Level 2: Club Coach

Level 3: Senior Coach

Level 4: Master Coach

IMAC currently offers a *Level 1 Coaching Course*. Level 2-4 are in development.

The Benefits

By becoming involved in the *IMAC National Coaching Development Programme* you will have the opportunity to acquire the knowledge and coaching skills to be an effective *Assistant Coach* or *Club Coach* in your chosen martial art (an *Assistant Coach* operates under the supervision of a qualified *Club Coach*).

Level 1: Learning Outcomes

The *IMAC Level 1 Coaching Course* provides coaches with the opportunity to;

- Be an effective and considerate Martial Arts Coach.
- Identify stages in the development of young and adolescent students.
- Provide a pathway for progression for each participant and athlete.
- Plan, organise and implement linked coaching sessions.
- Assist participants to consolidate and refine basic martial arts skills.
- Introduce technical and tactical skills and performance skills.
- Introduce martial arts specific conditioning and strength training.
- Optimise fitness for training in Martial Arts.
- Plan, implement and review sessions in a fun, safe and friendly environment.

Up-to-date and accessible coaching theories and practices are explored throughout these courses.

To Qualify To Attend

To qualify to attend an *IMAC Level 1 Coaching Course* you must;

- be over 18.
- be a member of IMAC.
- have an adequate grade in your Martial Art (Art Specific).
- be nominated by your Primary Instructor.
- have your nomination signed off by the Coaching Officer of the IMAC Advisory Board of your System and the IMAC Coaching Registration Officer.
- hold a current First Aid Certificate
- hold a Referee Certificate (not required by all systems)
- have attended a certified Code of Ethics for Young People in Sport workshop.
- complete an IMAC Coach Application form and pay the required fee of €100.

Course Schedule

The *IMAC Level 1 Coaching Course* is 25 hours, presented over two weekends (usually about a month apart), with a small number of external tasks.

The *Level 2 Coaching Course* will be approximately 60 hours over 4 weekends - half of which is Art specific.