

Introduction

In this graded unit, I will undertake the three stages involved in successfully coaching intermediate level participants. These will be planning, developing and evaluating. Planning involves providing the vital information i.e. aims and objectives, placement details, mentor details, dates, etc. This planning stage also involves constructing session plans based on skills in netball, fit for the appropriate level of ability.

The developing stage will consist of using said session plans to deliver 5, 45 minutes coaching sessions, carried out either internally and externally. An internal assessor will assess at least one of the 5 sessions and I will document feedback in my logbook.

In the evaluation stage, I will gather feedback from myself, participants and mentor in order to adapt my sessions to make them more suitable and specific. These will give me an idea of what will work and what won't in the future.

I will be coaching S3/4 pupils with who have been playing this specific sport for a few years in their school team, at Cardinal Newman High School. The mentor in charge of my sessions will be Laura Ferguson. I will undertake the sport of netball and will explain and demonstrate how to effectively use the skills involved in the sport. i.e. passing, footwork, and shooting accuracy and consistency.

In order to gain an idea of this groups' strengths and weaknesses, I went out and watched a few training sessions. This gave me a greater understanding of what would work best with the group and why and how the specific skill I chose would be used effectively. The specific skill and tactic I will be looking at is attacking in order to shooting i.e. moving up the court effectively to create a shooting opportunity. I chose this specifically in order to improve upon the speed, movement, space on the court and play when attacking. In netball, to attack you need to have high levels of coordination, be aware of the situation around you and have skills in developing good tactics on the court, especially at intermediate level. 5

External

Location Address:
Cardinal Newman High School
Main Street
Bellshill
ML4 3DW

Mentor: Laura Ferguson
Position/Job Title: Department Head of
the Physical Education Department
Email: laferguson@cardinalnewman.n-lanark.sch.uk
Contact Number: 01698 274944

Internal

Location Address:
City of Glasgow College
190 Cathedral Street
Glasgow
G4 0RF

Mentor: Ross Mathison
Position/Job Title: Sports Coaching Lecturer
Email: Ross.Mathison@cityofglasgowcollege.ac.uk
Contact Number: 0141 375 5555

Overall Aim

Graded Unit Planning Stage Example

Chao Zhang

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