

Minimum Standards for Active Coaches of Children and Young People



INTRODUCTION

Good coaching is vital in providing children and young people with a positive introduction to the sport which allows them to learn the basic skills and techniques of handball in a safe and enjoyable way.

Such experiences are essential to encourage more children and young people to participate in handball and to join their local clubs outside of school. This guidance is intended for organisations that employ and use coaches and coaches themselves, in order to ensure that: coaches have the right level of coaching qualification, knowledge and skills for their role, and that children and young people throughout the country have a positive introduction to handball.

Minimum Standards for Active Coaches – Core Guidance

sports coach UK, along with key industry Partners, has agreed core standards that all coaches in the UK should adhere to (previously referred to as core minimum standards for deployment). England Handball has adopted these standards, and recommends that all organisations employing or using coaches follow them.

The core standards include recommendations across the following five areas:

Minimum age

Lead coach (someone coaching independently): 18+ years
Assistant coach: 16+ years

Appropriate qualification

Lead coach: UKCC Level 2 or above
Assistant coach: UKCC Level 1

Appropriate insurance cover

Safeguarding children and vulnerable groups

Disclosure and Barring Service, Disclosure Scotland or Access NI

Policies and Procedures

Code of conduct
Equality
Participant welfare
Agreed health and safety

For detailed information on each of the areas outlined above, please see the following guidance documents on the sports coach UK website:

Minimum Standards for Active Coaches – Core Guidance for Organisations

<http://www.sportscoachuk.org/resource/minimum-standards-active-coaches-core-guidance-organisations>

Minimum Standards for Active Coaches – Core Guidance for Coaches

<http://www.sportscoachuk.org/resource/minimum-standards-active-coaches-core-guidance-coaches>

Identifying Additional Training Requirements for Coaches

The recommended core standards have been identified as a starting point for use by all sports coaches. However, there will be a need for coaches to access additional qualifications, training or development opportunities to support them in their coaching role.

Minimum Standards for Active Coaches of Children and Young People for Handball – Additional Guidance

As an extension of the core standards, England Handball has produced this document to provide specific guidance on the appropriate minimum qualification for a lead coach and information on recommended additional training that a coach should consider when working with Children and Young People in the following environments:

- primary school
- secondary school
- club
- community/local authority

As outlined above, information is aimed at lead coaches (coaches who can **operate without supervision**). Within a schools environment England Handball, sports coach UK, afPE and the YST advocate that coaches working in the Curriculum should **support and not displace teachers**.



Minimum qualification for a lead coach

Coaching Handball in school curriculum time (supporting teacher with curriculum delivery)

Primary School:

NGB Level 2 Certificate in Coaching Handball or 1st4sport Level 2 Certificate in Coaching Handball

Secondary School:

NGB Level 2 Certificate in Coaching Handball or 1st4sport Level 2 Certificate in Coaching Handball

Additional information to be considered alongside the qualification

Recommended coaching ratio is 2:30 (1 x Coach and 1 x teacher)

We would encourage the coach to be a registered coach with England Handball. This ensures direct contact between NGB and the coach; as well adherence to NGB policies and procedures, a commitment to on-going CPD and relevant insurance.

All coaches in the education setting should be delivering England Handball endorsed programmes of learning (available through Bishop Sports).

Sports Club

(Lead Coach)

For example: Community hub club or Satellite club

Coaching Children (5-12 years old)

The coach should meet one or more of the below minimum requirements for delivery as lead coach in a sports club for 5 – 12 year olds.

NGB Level 2 Certificate in Coaching Handball or 1st4sport Level 2 Certificate in Coaching Handball

NGB Level 1 Certificate in Coaching Handball (working toward 1st4sport Level 2 Certificate in Coaching Handball with proof of registration on a upcoming course)

NGB Level 1 Certificate in Coaching Handball with RPL to NGB Level 2 from England Handball

Coaching Young People (12 – 16 years old)

The coach should meet one or more of the below minimum requirements for delivery as lead coach in a sports club for 12 – 16 year olds.

NGB Level 2 Certificate in Coaching Handball or 1st4sport Level 2 Certificate in Coaching Handball

NGB Level 1 Certificate in Coaching Handball with RPL to NGB Level 2 from England Handball

Additional information to be considered alongside the qualification:

We would encourage a supervision ratio of 1:25 and always encourage a teacher to be present with the coach to shadow, learn and support delivery. The 1st4sport/NGB Level 2 coach should be promoting internal workforce development within the school and the use of young leaders as well as school staff to support sessions.

We would encourage the coach to be a registered coach with England Handball. This ensures direct contact between NGB and the coach; as well adherence to NGB policies and procedures, a commitment to on-going CPD and relevant insurance.

Community and Local Authority initiatives and holiday schemes

(Lead Coach)

For example: Street Games Project, Premier League4Sport programme or an Easter Sports Camp

Coaching Children (5-12 years old) and Young People (12 – 16 years old)

NGB Level 2 Certificate in Coaching Handball or 1st4sport Level 2 Certificate in Coaching Handball. Or;

NGB Level 1 Certificate in Coaching Handball (working toward 1st4sport Level 2 Certificate in Coaching Handball with proof of registration on a upcoming course). Or;

1st4sport Level 2 Doorstep Sport Coaching Certificate plus NGB Level 1 Certificate in Coaching Handball

Additional information to be considered alongside the qualification:

We would encourage the coach to be a registered coach with England Handball. This ensures direct contact between NGB and the coach; as well adherence to NGB policies and procedures, a commitment to on-going CPD and relevant insurance.

England Handball: Future developments to support the workforce

Our objective in 2013/14 is to increase ease of access to the 1st4sport Level 2 for coaches who wish to achieve this. We plan to offer a number of routes and modulate the process; whereby we recognise prior learning. We are working toward the offer of an NGB bolt-on to other select courses, to enable handball coaches to more effectively achieve the 1st4sport Level 2 certificate in coaching handball.

Additional Recommended Training

England Handball encourages all coaches to look outside of the sport, as well as within the sport for CPD opportunities. The below additional recommended training will enhance a coaches ability to deliver high quality handball sessions within a school environment and we would support coaches who are working to meet these. Please note, this list is not exhaustive.

School Curriculum time

(supporting teacher with curriculum delivery)

Primary school:

Us Girls: Engaging Young Women and Girls (3 hour workshop)

Sports coach UK workshops:

Safeguarding and Protecting Children

Equity in Your Coaching

How to Coach Disabled People

An Introduction to the FUNdamentals of Movement Workshop|

Coaching the Whole Child workshop

Secondary school

Us Girls: Engaging Young Women and Girls (3 hour workshop)

Sports coach UK workshops:

Safeguarding and Protecting Children

Equity in Your Coaching

How to Coach Disabled People

Coaching the Whole Child workshop



Sports Club (Lead Coach)

For example: Community hub club or Satellite club

Coaching Children (5-12 years old) and Young People (12 – 16 years old)

Us Girls: Engaging Young Women and Girls (3 hour workshop)

Street Games: Introduction to Doorstep Sport (3 hour workshop)

Sports coach UK workshops:

Safeguarding and Protecting Children

Equity in your Coaching Workshop

Coaching the Whole Child workshop

How to Coach Disabled People

For coaches at sports clubs working with talented young people the following additional training is also recommended. This might include players on the AASE programme or players on/working toward the England Talent Pathway.

sports coach UK: Coaching the Young Developing Performer workshop

**Community and Local Authority initiatives and holiday schemes
(Lead Coach)**

For example: Street Games Projects, Premier League4Sport programme or an Easter Sports Camp

Coaching Children (5-12 years old) and Young People (12 – 16 years old)

Us Girls: Engaging Young Women and Girls (3 hour workshop)

Street Games: Introduction to Doorstep Sport (3 hour workshop)

Sports coach UK workshops:

Safeguarding and Protecting Children

Equity in your Coaching Workshop

Coaching the Whole Child workshop

How to Coach Disabled People

For coaches at sports clubs working with talented young people the following additional training is also recommended. This might include players on the AASE programme or players on/working toward the England Talent Pathway.

sports coach UK: Coaching the Young Developing Performer workshop

Coaching Young People (12 – 16)

Us Girls: Engaging Young Women and Girls (3 hour workshop)

Street Games: Introduction to Doorstep Sport (3 hour workshop)

Sports coach UK workshops:

Safeguarding and Protecting Children

Equity in Your Coaching

How to Coach Disabled People

Positive Behaviour Management in Sport Workshop

Coaching the Whole Child workshop

1st4sport Level 2 Doorstep Sport Coaching Certificate

Practical Guidance for Coaches Delivering in Schools

When coaching in a school it is useful to remember that:

- ➔ In most cases you will be dealing with beginners
- ➔ There may be people in the group that are not interested in handball.
- ➔ The main focus of the coach in a school is to provide an enjoyable and fun introduction to the sport of handball for the whole group, not to develop an Olympic champion. For some children this will mean developing and improving skills, for others it may be about emphasising the health and fitness benefits of handball without being too concerned about whether they are technically competent.

Those that show an interest in furthering their involvement with handball, whether competitively or recreationally, should be signposted to a suitable EHA affiliated local club. Whilst in the school environment the coach should focus his / her attention on all participants and not only those that show potential.

Some key points for delivering a good session in schools are highlighted below:

Keep the amount of activity high – the children would rather be practising their skills than listening to the coach talk.

Keep instructions clear and concise and allow lots of time for the group to practice.

Make the session fun - and remember that the children themselves will often have ideas about how activities can be made fun.

Be positive and enthusiastic in your approach and manner.

Make sure that there is an appropriate level of challenge for all in the group, including the most and least able.

All skills and activities should be able to be progressed and adapted as required to suit different ability levels within the group. Appropriate pairing and grouping of individuals will also help. Good planning is key here, along with the ability to assess the needs of the group.

Try to provide individual feedback to everybody in the group and find something positive to say; this can be about their skills, their effort or anything else that is worthy of praise.

Ensure that there is plenty of variety within sessions to prevent boredom.

Encourage the children to ask questions, and listen to and act upon their feedback and ideas as appropriate.

Remember, children are more likely to misbehave when:

- They feel bored
- They find an activity too easy or too hard
- They do not feel they are being listened to
- The coach is too lenient or too harsh

Practical Guidance for Coaches Delivering in the Community

- ➔ The skills of those delivering the sessions are critical. Coaches need to have a good rapport and be able to interact well with participants, as well as having good delivery skills to ensure that sessions are fun, interesting and challenging.
- ➔ The style of delivery tends to be sometimes quite informal.
- ➔ Many participants may be new to handball and have never tried the sport before, Therefore, most sessions will focus on giving participants the opportunity to 'have a go'; perhaps introducing just a few short skill based exercises or shooting practice at the start of the session, followed by a game.
- ➔ A multi-sport element is often also included to provide variety and attract a diverse range of participants – particularly at sessions where the participants are all new to handball.
- ➔ Open access sessions will attract both males and females. However if your aim is to attract females, then try female only sessions.

Non-traditional facilities are often used, including MUGAs, recreation areas, youth and community centres. Therefore, coaches need to be flexible and able to adapt.



Contact us



Liam McCarthy

National Coaching and Workforce
Development Officer, England Handball

The Halliwell Jones Stadium
Winwick Road, Warrington WA2 7NE

T: 01925 246 482/3

M: 07875 698 259

E: liam.mccarthy@englandhandball.com