**Ireland Lacrosse Coaching Qualification Pathway and Criteria**

|  |  |  |
| --- | --- | --- |
|  | **Level One (Development)** | **Level Two (club)** |
| **Age** | 18 Years or older on day of certification | 18 Years or older on day of certification |
| **Experience** | None | Level One Qualification |
| **Course Certification** | Ireland Lacrosse | Ireland Lacrosse |
| **Instructor Contact Time** | One Day | Portfolio-based consultation with Ireland Lacrosse Coach, Coaching Development Director or equivalent |
| **Additional Course Requirements** | * Ireland Lacrosse Membership
* Individual Coaching Portfolio
* Session Planner Evaluation
 | * 20 Hours Coaching Experience logged in Coaching Portfolio
* First Aid Course
* Working With Children Qualification
* Ireland Lacrosse Refereeing/Umpiring qualification (or equivalent)
 |
| **Cost** | €20 | €20 |

Ireland Lacrosse looks forward to releasing details of the Level Three (High Performance) course.

**Level One Observation and Assessment Record**

Outcomes

* Under the guidance of the Head Coach, organise and supervise lacrosse using a narrow range of applied knowledge and basic comprehension of lacrosse skills.
* Grasp a basic understanding of lacrosse rules.
* Show an awareness of professional development opportunities.
* Promote good practice and establish working relationships.
* Promote high standards of behaviour with players, coaches, parents and officials.

Processes

* Show competence in the following areas:
	+ generic coaching principles
	+ coaching basic lacrosse fundamental skills
	+ coaching basic lacrosse strategies
	+ health and safety
	+ codes of practice and ethics
	+ understanding of Lacrosse rules for a non-contact version of the game
	+ good practice in club management and coaching
* Adapt lacrosse activities and sessions to cater for players of different abilities.
* Demonstrate good practice during coaching sessions.
* Demonstrate an understanding of the Coaching Code of Ethics.
* Demonstrate a knowledge of the Ireland Lacrosse Coaching Qualification Pathway and Criteria.
* Demonstrate the ability to work in a team of coaches.

Assessment

* Pass pre-course assessment.
* Practical assessment during the Level 1 Qualification.
* Pass observation assessment.

**Level Two Observation and Assessment Record**

Outcomes

* Plan a series of coaching sessions in a systematic and progressive manner.
* Conduct a series of coaching sessions in a systematic and progressive manner.
* Coach the basic skills and techniques of Lacrosse.
* Maintain an environment in which participants can improve their performance, utilising team and individual goal setting.
* Evaluate a series of coaching sessions in a systematic and progressive manner.
* Demonstrate an understanding of the principles of attack and defence through the use of tasks, practices and small sided games.
* Understand the principles of continuous professional development.
* Appreciation of the Ethical Coaching Processes.
* Ensure Health and Safety of players and others within the coaching environment and be able to respond to accidents and emergencies.
* Promote the sport of Lacrosse in a positive and constructive manner.
* Promote and establish positive working relationships with players, other coaches, parents and officials.
* Promote high standards of behaviour with and among players, other coaches, parents and officials.
* Demonstrate a knowledge of child protection issues.
* Demonstrate a knowledge of First Aid scenarios.
* Demonstrate a knowledge of the use of questioning as part of the coaching process.
* Demonstrate a knowledge of demonstrating as part of the coaching process.
* Understand the principles behind sport science and its place in the coaching process.
* Understand the issues relating to risk assessment within the coaching process.
* Understand the roles and responsibilities of overseeing Level 1 Coaches.

Processes

* + Show competence in:
		- Planning a series of coaching sessions
		- Delivering a series of coaching sessions
		- Evaluating a series of coaching sessions
	+ Show competence in:
		- Delivering the basic field lacrosse individual skills
		- Delivering field lacrosse tactics for settled attack and settled defence
		- Delivering field lacrosse tactics for extra player opportunities
		- Delivering field lacrosse tactics for transition opportunities
	+ Show competence in:
		- Setting individual goals for each player in a training environment
		- Setting team goals in a training environment
		- Setting individual goals in a competitive environment
		- Setting team goals in a competitive environment
	+ Show competence in:
		- Evaluating a specific coaching session
		- Evaluating a set of coaching sessions
		- Evaluating a match
	+ Provide evidence of child protection procedures.
	+ Provide evidence of first aid procedures.
	+ Have an understanding of coaching delivery mechanisms: e.g. questioning and demonstrating.
	+ Provide evidence of the use of sports science.
	+ Provide evidence of risk assessment procedures.
	+ Provide evidence of job responsibilities.
	+ Show competence in dealing with parents and other adults outside of the coaching process.
	+ Show competence in good practice and role modelling with players, parents, officials and other relevant individuals.

Assessment

* Pass pre-course assessment
* Practical assessment during the Level 2 Module
* Pass observation assessment
* Pass written test
* Complete the necessary hours of practical delivery
* Have a First Aid certificate
* Have attended the requisite non-lacrosse based courses