



Coach Accreditation Framework

Assistant Coach Program



Australian Government
Australian Sports Commission



Judo Australia – Assistant Coach Program

Competency level - coaches of children and beginner judoka.

Target market - This program is designed to provide coach training through a head club coach for people who wish to work with children or beginner judoka. This could include senior blue or brown belts.

Program details - The Assistant Coach program is conducted under the supervision of a head club coach and coordinated by the relevant Member State organisation. The course is fully practical and encourages ongoing training through the guidance of the head club coach. The assistant coach will develop practices that are based on the LTAD and FTEM models. It is an entry level qualification that sets the grounding for further study towards the Coach Judo qualification. The program aims to develop assistant coaches capable of providing safe, fun, engaging training that maximises participation and enjoyment.

1. GENERAL INFORMATION

1.1 Prerequisites

- ASC Online Coaching principles
- 16 years of age minimum
- First Aid qualification
- Working with Vulnerable People clearance
- Heads Up Online Course

1.2 Content

- The role and responsibilities of the coach
- Introduction to session planning and review, as well as group management
- Introduction to LTAD and physical literacy and Judo A, B, C activities
- Game Sense, FUNdamentals and a game-based approach to introducing judo skills
- Safety in the Dojo

1.3 Competency Statements

- Understand the roles and ethical responsibilities of the coach of beginner athletes, including children
- Plan and review training sessions for beginner athletes, including children, as well as group management
- Assess and manage the risks of coaching beginner athletes, including children
- Safely conduct an inclusive 'Judo' session, ensuring fun and maximum participation through games and activities
- Understand the coaching implications of the basic rules of Judo

1.4 Course Overview and Assessment

- The course is implemented and managed by the head coach of the relevant Judo club
- It is the head coach's responsibility to ensure that training satisfies the assessment requirements for this program
- It is the assistant coach's responsibility to seek extra coaching knowledge and develop their skills further over time

1.5 Application

A completed Assistant Coach application form signed by the head coach, together with evidence of completion of the prerequisites is to be forwarded by email to the relevant Member State. A fee will need to be paid for the accreditation and certificate issue.

1.6 Skills to be Taught by the Head Coach

- The responsibilities of the coach
- Understand the JA Coach Code of Behaviour and implications for coaching
- Judo Values
- What does being an accredited coach mean?
- Responsibilities
- Learn basic lesson planning and how to review training sessions
- How to manage groups
- Understand Dojo safety
- Provide the assistant coach with a basic understanding of LTAD, physical literacy and the A,B,C,s of learning
- Introduce the use of games as a tool for teaching and the term fundamentals

2.0 RESOURCES

- [Heads Up Online Course](#)
- [Planning a training session](#)
- [Sample Session Plan](#)
- [Community Coaching – Matthew Richardson](#)
- [Fundamentals of Judo for children ages 7-8](#)
- [Sport Wales Physical Literacy](#)
- [Sport Canada Physical Literacy](#)