

# 1st4sport Level 2 Certificate in Coaching Netball

Qualification Specification



## About Us

Welcome to 1st4sport, established in 2000, 1st4sport are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

**Our Mission:** To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

**Our Direction:** We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

## Qualification Specification

Title:	1st4sport Level 2 Certificate in Coaching Netball
Qualification Overview:	Gives learners the knowledge, skills and confidence to plan, deliver and review a series of linked and progressive netball sessions.
Qualification Code:	L2CCNBL
Qualification Regulation Number:	603/0561/7
Guided Learning Hours (GLH):	128
Total Qualification Time (TQT):	171
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/10/2016
Qualification Review Date:	31/10/2026
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to coach netball sessions.
Qualification Purpose:	Prepare for employment in a specific occupational area.

### Who is this qualification for?

This qualification is for learners who are interested in coaching netball in a club, team or school environment and who have knowledge and experience of the sport and coaching.

### Qualification Progression

The qualification will enable successful learners to progress to a higher level netball coaching qualification. The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in coaching sport, physical activity, activity leadership, supporting PE in school sport and sports development.

The qualification sits within a suite of progressive coaching sport qualifications, and supports direct progression onto the 1st4sport Level 3 Certificate in Coaching Netball.

This qualification may lead to paid employment or unpaid voluntary roles in coaching netball, either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activity Leader, Sports Official, Sports Volunteer.

## Entry Requirements

Learners must be a minimum of 18 years old at registration and 18 years old at certification.

## Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 18 years of age
- be able to undertake this assessment in English or Welsh (if available)

## Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 5 of 5 mandatory units),
- Practical Demonstration/Assignment (in 5 of 5 mandatory units)

Reasonable adjustments can be applied to these assessments in line with 1st4sport Policy Statement: Access Arrangements.

## Grading Methods

This qualification will be graded Pass / Fail.

## Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

### Mandatory Units

Unit ID	Unit Title	GLH
H/615/2463	The role of the netball coach	13
M/615/2465	Deliver a series of netball coaching sessions	40
T/615/2466	Review a series of netball coaching sessions	24
K/615/2464	Plan a series of netball coaching sessions	19
A/615/2467	Technical coaching requirements for netball	32

### Optional Units

There are no optional units in this qualification

### Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	The role of the netball coach
Unit Aim	This unit assesses a netball coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.
Unique Unit Number	H/615/2463
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

**Learning Outcome: 1. understand the role of the netball coach**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 describe the role	? The role of the fully independent netball coach, its boundaries and adherence to codes of conduct ? the responsibilities of the fully independent netball coach when working with others such as leaders, coaching assistants ? the importance of being a role model ? the netball coaching process of plan-do-review

**Learning Outcome: 2. understand the responsibilities of the netball coach**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
2.1 describe the responsibilities related to rules and regulations	? The overarching legal and netball -specific responsibilities ? the netball organisational procedures, responsibilities and liabilities ? the rules and regulations of netball to enable the delivery of sessions ? the role of netball officials and the positive promotion of these
2.2 describe responsibilities related to duty of care	? What constitutes acceptable relationships as a coach ? the guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: young people and children, including signs and symptoms of abuse adults at risk participants who share protected characteristics ? how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner ? the requirements of the participant group; managing information for and about all types of participants
2.3 describe responsibilities related to safe coaching practice	? How to set and agree ground rules ? health and safety management, understanding how to: prepare the environment conduct a risk assessment minimise risk put contingency plans in place ? emergency procedures; knowing how to follow: correct procedures for dealing with accidents, emergencies and incidents correct procedures for reporting issues
2.4 describe responsibilities related to inclusive coaching practice	? Inclusive delivery of coaching sessions and activities and where to gain information on this ? how to communicate, deal with and meet the needs of a variety of participant types: disabled and non-disabled people children/youth/adults those who share protected characteristics ? how to assist with meeting the needs of participants who share protected characteristics ? recognising that different participants learn in different ways ? how different backgrounds and stages of participant development can impact on age skill development emotional development.

## Learning Outcome: 3. Understand netball participants and their development needs

Assessment Criteria The learner can:	Indicative Delivery Content
3.1 describe how to engage with and develop a range of participants	<ul style="list-style-type: none"> <li>? How to gather information about lifestyle, previous experience, and the needs of different participant groups</li> <li>? participants' motivations for taking part</li> <li>? the impact of the participants' background, stage of development and needs on:               <ul style="list-style-type: none"> <li>session management</li> <li>the different ways adults and children learn</li> <li>learning and the coaching environment (beginner vs experienced)</li> <li>training and competition</li> </ul> </li> <li>? how to cater for individual needs within group coaching</li> </ul>
3.2 describe the physical influences on participation	<ul style="list-style-type: none"> <li>? The physical capabilities required for, and the basic anatomical and biomechanical demands of, netball</li> <li>? the components of physical fitness and how they link directly to netball</li> <li>? how to minimise the risk of injury and assist a participant returning from injury</li> <li>? the role of the coach in encouraging the pursuit of a healthy lifestyle, including an awareness of:               <ul style="list-style-type: none"> <li>nutrition</li> <li>hydration</li> <li>social and performance-enhancing drugs</li> </ul> </li> <li>the principles of weight management in relation to the sport</li> <li>? how the physical capabilities of participants will influence the content and structure of the session</li> </ul>
3.3 describe the mental and social influences on participation	<ul style="list-style-type: none"> <li>? How the mental capabilities of participant(s) will influence the content and structure of the session</li> <li>? the key methods for improving participant(s)':               <ul style="list-style-type: none"> <li>connection</li> <li>confidence</li> <li>concentration</li> <li>motivation</li> <li>emotional control</li> <li>cohesion</li> </ul> </li> <li>? the concepts of:               <ul style="list-style-type: none"> <li>skill coordination</li> <li>motor skill learning</li> <li>skill acquisition</li> <li>skill retention</li> <li>skill transfer</li> </ul> </li> <li>? the different stages of cognitive, emotional and social development</li> <li>? how to develop participants' mental skills in netball</li> <li>? how to develop participants socially;               <ul style="list-style-type: none"> <li>building relationships and rapport with and between participants</li> <li>develop confidence</li> <li>self-esteem</li> </ul> </li> </ul>





<b>Unit Title</b>	Deliver a series of netball coaching sessions
<b>Unit Aim</b>	This unit assesses a coach's ability to deliver a series of netball coaching sessions to meet the needs of participants. The series of netball coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within netball.
<b>Unique Unit Number</b>	M/615/2465
<b>Unit Assessment Method(s)</b>	- Coursework - Practical Demonstration/Assignment
<b>Assessment Specification</b>	The learner is required to deliver a minimum of 6 coaching sessions in netball. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be delivered to a different participant type to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled). The content for these sessions must have been developed for Plan a series of netball coaching sessions component. In addition, learners are required to demonstrate their ability to coach session(s) in two 20 minute practical coaching assessments (either in their workplace or in a simulated4 environment). Observed sessions may be taken from the 6 planned sessions, there is no requirement to plan additional sessions for the observation of coaching practice. Sessions must be for a single sport or physical activity.

Learning Outcome: 1. be able to deliver a series of netball coaching sessions	
Assessment Criteria	Indicative Delivery Content
The learner can:	
1.1 establish a safe coaching environment	? Conduct a risk assessment, minimising any identified risks ? organise the setting up of equipment required for the session
1.2 prepare the participants for the coaching sessions	? Apply the principles of good practice for starting coaching sessions ? provide information to participants on the aims and objectives of sessions, agreeing these with participants ? understand physical preparation and how to deliver warm-ups

<p>1.3 deliver a series of coaching sessions in line with guidelines</p>	<p>? Incorporate a variety of coaching styles and techniques in delivery and incorporate:          listening to participants          motivating participants          learning styles of participants (visual, auditory, kinaesthetic)          differentiation between participants          ? cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers          ? ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session          ? identify participants' needs and modify session plan(s) to meet participants' changing needs</p>
<p>1.4 develop technical and tactical aspects of netball through the provision of explanations and demonstrations of activities</p>	<p>? Know how and when to apply appropriate communication methods in the provision of technical guidance          ? use the principles of skill development in their coaching, selecting correct techniques to developing participants' skills          ? understand different types of demonstration          ? provide technical and tactical demonstrations and explanations that are correct          ? identify and utilise sport or physical activity specific rules and codes          ? prepare participants for competition.</p>
<p>1.5 analyse and provide feedback on participants' performance</p>	<p>? Understand the principles of analysing participants' performance          ? observe participants', analyse performance and provide constructive feedback          ? communicate effectively with participants and show listening skills          ? support participant(s) in taking responsibility for their own learning</p>
<p>1.6 ensure participants' safety is maintained</p>	<p>? Manage coaching activities and adapt to maintain safety as required          ? manage safe use of equipment during the session          ? manage behaviours by being:          positive and challenging          encouraging and motivating</p>
<p>1.7 conclude the session</p>	<p>? Apply the principles of good practice for concluding coaching sessions          ? deliver cool-downs          ? summarise session outcomes, providing feedback to participants          ? organise the taking down and storage of equipment used during the session          ? offer information to participants after coaching sessions</p>

Unit Title	Review a series of netball coaching sessions
Unit Aim	This unit assesses a coach's ability to review a series of netball coaching sessions that meet the needs of participants. The series of netball coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within netball.
Unique Unit Number	T/615/2466
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>The learner is required to review and evaluate a minimum of 6 coaching sessions in netball. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants. These linked and progressive sessions must be reviewed and evaluated individually at the time of delivery, and holistically once all sessions have been delivered. The additional two sessions require session review and evaluation only. The planning and delivery of the sessions for review must be completed within Plan a series of netball coaching sessions and Deliver a series of netball coaching sessions; reviews must clearly relate to these sessions.</p>

**Learning Outcome: 1. be able to review a series of netball coaching sessions**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 review participants' performance	? Measure participant development ? use a variety of evaluation methods that can be used to monitor participant(s)' development and learning
1.2 analyse own coaching practice	? Understand the principles of self-reflection ? utilise feedback from others ? identify personal development needs ? gain valid feedback on own performance from participants and others ? take responsibility for own development ? access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities ? participate in continual review ? identify career progressions in the sport and the role of others
1.3 apply the review of coaching sessions to future planning	? Review and evaluate the session, using the views of participants and others, and using it to impact on future sessions ? agree the outcomes of the review with participants and others, advise them on their development needs and adapt future sessions to reflect needs
1.4 review the effectiveness of the series of coaching sessions in sport or physical activity.	? Review the overall aims and goals of the programme and progress made towards these ? use a variety of evaluation methods that can be used to monitor participant(s)' development and learning ? measure the quality of the coaching experience ? measure participant development

<b>Unit Title</b>	Plan a series of netball coaching sessions
<b>Unit Aim</b>	This unit assesses a netball coach's ability to plan a series of netball coaching sessions to meet the needs of participants. The series of netball coaching sessions planned will be linked and progressive in nature in order to develop participants' performance within netball.
<b>Unique Unit Number</b>	K/615/2464
<b>Unit Assessment Method(s)</b>	- Coursework - Practical Demonstration/Assignment
<b>Assessment Specification</b>	Learners are required to plan a minimum of 6 coaching sessions in netball. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. The additional two sessions will ideally be planned for a different participant type to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled. Sessions should be an appropriate length for netball, and the identified participant group. Normally this will be around 60 minutes but may be longer or shorter based on participant needs. Where sessions are significantly longer or shorter than this, learners should provide a rationale for this.

Learning Outcome: 1. be able to plan a series of netball coaching sessions	
Assessment Criteria The learner can:	Indicative Delivery Content
1.1 plan a series of progressive sessions	? Understand the principles of producing progressive sessions ? identify aims and objectives of the coaching programme, setting SMART/ tangible goals that have been agreed with participants ? plan a series of progressive sessions with goals that are linked, progressive and consistent with the overall aims of the coaching programme
1.2 plan activities to meet the aims of the sessions	? Understand how individual sessions support the aims of the coaching programme ? identify aims and objectives of sessions, setting SMART/ tangible goals that have been agreed with participants ? plan and prepare sessions that meet the needs of participants from different backgrounds and at different stages of development to include: ? realistic timings ? sequences of activities ? intensity of activities ? duration of activities ? specific technical content within activities ? specific tactical content within activities ? contingencies



Unit Title	Technical coaching requirements for netball
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for netball.
Unique Unit Number	A/615/2467
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	The learner will be assessed on the technical coaching requirements identified within the unit.



## Learning Outcome: 1. Know how to coach netball

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 Identify the key elements of netball skills.	<ul style="list-style-type: none"> <li>Components of a warm-up and cool-down</li> <li>? Fun games and warm-up activities</li> <li>? Movement skills</li> <li>? Dynamic mobility</li> <li>? Core stability/proprioception activities</li> <li>? Movement skills with the ball</li> <li>? Activities relevant to the activity</li> <li>Ball-handling skills</li> <li>? Principles of two-handed catching</li> <li>? Application of principles when moving at speed</li> <li>? Catching with one hand and turning in the air</li> <li>Throwing skills</li> <li>? Perceptual factors</li> <li>? Type of pass</li> <li>? Who to pass to</li> <li>? Weight of pass</li> <li>? Where to pass</li> <li>? When to pass/release</li> <li>Attacking skills</li> <li>? Principles</li> <li>? Sprint</li> <li>? Double dodge</li> <li>? Change of pace</li> <li>? Change of direction</li> <li>? Reverse pivot</li> <li>? Protecting a space</li> <li>? Perceptual factors (space, timing, speed/pace and direction)</li> <li>Defending skills</li> <li>? Principles</li> <li>? Stage 1 defence</li> <li>? Stage 2 defence</li> <li>? Stage 3</li> </ul>
1.2 Identify the key coaching points of netball skills.	

## Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

## Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

### Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy England Netball licenced tutor. The tutors are responsible for the delivery and assessment of the qualification. Tutors are required to:

- be listed on the England Netball Licensed Workforce List as a tutor/internal assessor

Tutors are responsible for the delivery of the learning programme developed by the England Netball. They must have attended the England Netball qualification induction.

### Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below.

The recognised centre is required to recruit and deploy England Netball licenced independent assessors. The independent assessor is responsible conducting the independent observation of coaching delivery. Independent assessors are required to:

- be listed on the England Netball Licensed Workforce List as an independent assessor

Assessors are responsible for the conduct of valid and reliable assessments in accordance with the 1st4sport Level 2 Certificate in Coaching Netball Delivery, Assessment and Quality Assurance Approach. They must have attended the England Netball qualification induction.

1st4sport will verify the status of all independent assessors with England Netball prior to qualification approval being granted.

### Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy England Netball licensed internal quality assurers who are responsible for the internal quality assurance activities. Internal quality assurers are required to:

- holds a Level 3 Award in Assessing Vocational Related Achievement, a Level 3 Award in Assessing Competence in the Work Environment or the 1st4sport Introduction to Assessment Practice in Sport (IAPS) or a recognised equivalent
- be listed on the England Netball Licensed Workforce List as an internal quality assurer

They must have attended the England Netball qualification induction.

## Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

In addition further qualification specific requirements are:

All training and/or assessment sites must include the following facilities and equipment:

- one indoor netball court (minimum confirmed size of four badminton courts, including a full-sized shooting circle of 4.9 m) of uniform construction and even surface.
- a minimum of 10 size 5 netballs
- a minimum of 2 netball posts
- a minimum of two full sets of netball bibs, in two different colours
- 50 flat marker cones

This qualification is regulated by Ofqual (603/0561/7) and QiW (C00/1302/8 - Regulated).

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