



**Clackmannanshire  
Council**

[www.clacks.gov.uk](http://www.clacks.gov.uk)

Comhairle Siorrachd  
Chlach Mhanann

# Sports Training booklet 2018/2019

Clackmannanshire Council's Sports Development department work in close partnership with a range of external organisations to ensure they are able to support and develop coaches at all levels.

This booklet offers a wide range of courses for those looking to start coaching, experienced coaches and volunteers wishing to assist local clubs.

All course tutors are fully qualified, experienced and dedicated to make you become a confident coach. There may be opportunities to put your new knowledge and skills into action, if you are interested please contact Sports Development on 01259 452350.

What are the benefits of attending a course?

- Gain confidence
- Updating and obtaining new skills
- Increasing knowledge
- Continued personal development (CPD)
- Improve existing qualifications
- Encourage positive behaviour
- Understanding your role as a coach
- Potential employment

To book a course, please see individual courses for enrolment details.

There are several sources of funding available for the enclosed course: Clackmannanshire Sports Council, Individual Learning Account, Awards for All and a number of other grant aid bodies.

If you are interested in a particular course that does not appear in the booklet, please contact Sports Development on 01259 452350 as additional courses can be run if there is a demand.

## Football

All football courses to be booked via The Scottish FA website, however payment should be sent to Sports Development (cheques should be made payable to Clackmannanshire Council)

### Main Pathway 1.1 - Development Activities

This 6 hour course is open to all interested parties aged 16 years and over, experienced or otherwise, working with players 13 years old or older. Content will focus on the 11 a-side game and how to effectively coach players in relation to it.

Course	Venue	Date	Minimum Age	Time	Cost
Development Activities	Lornshill Academy	Sunday 26 <sup>th</sup> August 2018	16	10am-4pm	£45

### Main Pathway 1.2 - Coaching Footballers 13+

This 12-hour course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions. The course will focus on coaching style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities with the secondary school age group to the adult game. This approach is applied to different themes such as passing, dribbling, shooting etc. \*NB. Applicants must hold the Level 1.1 Development Activities.

Course	Venue	Date	Minimum Age	Time	Cost
Coaching Footballers 13+	Lornshill Academy	Sundays 9 <sup>th</sup> and 16 <sup>th</sup> September 2018	16	10am-4pm	£60

### Children's Pathway 1.1 - Early Touches

This 6 hour course is open to all interested parties aged 16 years and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players.

Course	Venue	Date	Minimum age	Time	Cost
Early Touches	Lornshill Academy	Tuesday 16 <sup>th</sup> and Thursday 18 <sup>th</sup> October 2018	16	6pm-9pm (both nights)	£45

### Children's Pathway 1.2 - Coaching Young Footballers

This 12 hour course is designed to assist coaches with planning, preparation, organisation, and evaluation of their coaching sessions. It focuses on coach style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities with the primary school age group. \*NB. Applicants must hold the Level 1.1 Early Touches.

Course	Venue	Date	Minimum Age	Time	Cost
Coaching Young Footballers	Alva Academy	Saturday and Sunday 20 <sup>th</sup> and 21 <sup>st</sup> October 2018	16	10am-4pm	£60

### Children's & Main Pathway 1.3 - Coaching in the Game

This 12-hour Coaching in the Game course considers the knowledge and understanding required to help players appreciate concepts such as width, depth and support within the small sided game and can be applied to the children's, youth and adult game. The course is largely practical in nature and prospective coaches are required to demonstrate the ability to coach basic strategies to players. \*NB. Applicants must hold either Level 1.1 Early Touches and 1.2 Coaching Young Footballers certificates (Children's Pathway) or Level 1.1 Development Activities and 1.2 Coaching Footballers 13+ certificates (Main Pathway).

Course	Venue	Date	Minimum Age	Time	Cost
Coaching in the Game	Lornshill Academy (4 <sup>th</sup> Nov) Alva Academy (11 <sup>th</sup> Nov)	Sundays 4 <sup>th</sup> and 11 <sup>th</sup> November 2018	16	10am-4pm	£60 (Quality Mark discount available)

### General Courses

All the following courses can be booked via Sports Development, please contact 01259 452350 or email [sportsdevelopment@clacks.gov.uk](mailto:sportsdevelopment@clacks.gov.uk) for a booking form.

#### Sports Coach UK Safeguarding and Protecting Children Level 1

This course is essential for all coaches to attend. Coaches will be made aware of issues that can arise whilst coaching children. The information coaches receive in this 3 hour course will raise their awareness of child protection issues.

Course	Venue	Date	Minimum Age	Time	Cost
Sports Coach UK Safeguarding and Protecting Children 1	Lornshill Academy PE Classroom	Tuesday 28 <sup>th</sup> August 2018	16	6pm-9pm	£25
Sports Coach UK Safeguarding and Protecting Children 1	Lornshill Academy PE Classroom	Tuesday 12 <sup>th</sup> March 2019	16	6pm-9pm	£25

## Sports Coach UK Safeguarding and Protecting Children Level 2 – Reflection on Practice

This course encourages all candidates to share best practice through a variety of scenarios and reflect upon any experiences. This course is a progression from the SPC Level 1 which candidates must have already attended and completed before booking onto this course

Course	Venue	Date	Minimum Age	Time	Cost
Sports Coach UK Safeguarding and Protecting Children 2	Lornshill Academy PE Classroom	Monday 15 <sup>th</sup> October 2018	16	6pm-9pm	£25

## Emergency First Aid

This course is designed to provide basic first aid instruction for coaches / volunteers who have been appointed in charge of first aid. Successful participants are awarded the St Andrews Ambulance Association approved HSE Certificate which is valid for 3 years. The course will cover burns, choking, fractures, poisons, resuscitation and unconsciousness.

Course	Venue	Date	Minimum Age	Time	Cost
Emergency First Aid	Lornshill Academy PE Classroom	Tuesday 21 <sup>st</sup> August 2018	16	5.30pm-9.30pm	£50
Emergency First Aid	Lornshill Academy PE Classroom	Tuesday 19 <sup>th</sup> February 2019	16	5.30pm-9.30pm	£50

## Sports First Aid

This course gives the student an insight on the best way to treat a casualty who has suffered a sporting injury or has suddenly become ill. They will learn the best way to promote recovery from a sports injury to ensure the sports person fully returns to sporting activities as quickly and safely as possible. The course is designed for coaches and personal trainers working with individuals or teams involved in competitive sport or active leisure pursuits.

Course	Venue	Date	Minimum Age	Time	Cost
Sports First Aid	Lornshill Academy PE Classroom	TBC	16	TBC	TBC

## UKCC Level 1 General Gymnastics

During the UKCC Level 1 course you will be given instructions on the safe preparation, progression and technique for practical skills. In addition, classroom based theory will be delivered, aiming to broaden your knowledge of important topics. This is a 2 day course and a third day will be arranged for candidates to sit there exam.

Course	Venue	Date	Minimum Age	Time	Cost
L1 Gymnastics	Alva Academy Games Hall	Saturday and Sunday 8 <sup>th</sup> and 9 <sup>th</sup> September	16	9am-5pm	£450

## Sign Sharing – MAKATON

This is an introductory course suitable for **coaches and young leaders** working with young people with additional needs. The course will be delivered by a Speech and Language Therapist and will provide you with the practical experience in learning Makaton signs. The course will be tailored to individuals to support communication within their sports classes.

Course	Venue	Date	Minimum Age	Time	Cost
Sign Sharing	Lornshill Academy PE Dance Studio	Wednesday 20 <sup>th</sup> February 2019	14	3.30pm-4.30pm	Free

## BASI Alpine Level 1

This qualification is for those wishing to find employment in a non-mountain environment, i.e. dry slopes and indoor snow slopes. Before applying for an Alpine Level 1 Instructor course, students must:

- Be able to ski parallel confidently, coping with a variety of conditions
- Be able to ski parallel on red runs, making rhythmical short turns at a steady pace
- Be able to ski parallel long turns on a green or easy blue slope with the skis carving the last two thirds of the turn
- It is recommended that applicants have completed at least 16 full weeks of skiing
- Minimum age 16 years old

Successful students will be issued a certification to work only on dry slopes or indoor snow slopes. Students will be able to work with novice and early intermediate skiers. This course is bookable via the BASI website - [www.basi.org.uk/courses](http://www.basi.org.uk/courses)

Course	Venue	Date	Minimum Age	Time	Cost
BASI Alpine Level 1	Firpark Ski Centre	TBC	16	9am-5pm	£430 TBC

## BASP First Aid Course

This course is suitable for outdoor activity enthusiasts and professionals; acceptable for all National Governing Body Awards and qualifications, for anyone working in a remote environment or if you prefer a practical course with scenarios to aid learning. The 2 days are interspersed with indoor and outdoor practical first aid. The course will include understanding the role of the first aider, accident procedure, infection avoidance, casualty assessment and casualty and incident management, dealing with an unconscious casualty, recovery position, AED, spinal & head injuries, wounds and bleeding, shock, choking, medical emergencies (e.g. heart attack, asthma, diabetes, seizures, stroke, anaphylaxis, epilepsy), burns and scalds, injuries to bones, muscles and joints, fractures, minor injuries and other trauma often found in the remote outdoor environment, tick borne infection, environmental injuries like hypothermia, hyperthermia and drowning and finally first aid kit contents relevant to your situation.

Course	Venue	Date	Minimum Age	Time	Cost
BASP First Aid Course	Firpark Ski Centre	Saturday & Sunday 8 <sup>th</sup> and 9 <sup>th</sup> June 2019	16	9am-5pm	£100 TBC

## Start to Play

The Start to Play programme is made up of an innovative bag of equipment, a series of story books and activity cards to engage young children in physical activity and play. It is a nationally recognised certificated training produced by the Youth Sport Trust. This training is ideal for Early Years Educators (particularly those working with under 3s), support assistants, HNC students, parents, volunteers, young leaders, childminders and anyone working with or interested in the Under 5s age group.

Course	Venue	Date	Minimum Age	Time	Cost
Start to Play	Redwell Primary School	Thursday 29 <sup>th</sup> November 2018	16	9am-12.00noon	£25
Start to Play	Redwell Primary School	Monday 11 <sup>th</sup> February 2019	16	9am-12.00noon	£25

## Early Years Active Start

Active Start training is open to all nursery staff, childminders, toddler group staff, parents, play leaders, volunteers and anyone else who is interested in coaching children under 5. Training is provided on how to deliver the content of the 40 week programme which is delivered to all nursery age children in Clackmannanshire. It will also show how this programme relates to the Health and Wellbeing outcomes and experiences for our nursery children as well as the capacities and the aspects of learning for the Curriculum for Excellence.

Course	Venue	Date	Minimum Age	Time	Cost
Early Years Active Start	Redwell Primary School	Thursday 29 <sup>th</sup> November 2018	16	1.30pm-3.30pm	£25
Early Years Active Start	Redwell Primary School	Monday 11 <sup>th</sup> February 2019	16	1.30pm-3.30pm	£25

## Play on Pedals

This training will enable you to deliver a programme to nursery children within your establishment using balance bikes and progressing towards riding a pedal bike.

Course	Venue	Date	Minimum Age	Time	Cost
Play on Pedals	Banchory Primary School	Wednesday 22 <sup>nd</sup> August 2018	16	8.45am-3.30pm	No charge
Play on Pedals	Banchory Primary School	January 2019	16	8.45am-3.30pm	No charge

### Introduction to Personal Training

This non certified course is designed to provide an introduction to pursuing a career in personal training and allow participants to gain an understanding of the tools, knowledge and skills required to become a successful personal trainer. Please contact FV College Alloa Campus to book onto this course: 01259 215121.

Course	Venue	Date	Minimum Age	Time	Cost
Introduction to Personal Training	FV College – Alloa Campus	Wednesday 24 <sup>th</sup> April to Wednesday 22 <sup>nd</sup> May 2019	16	6pm-9pm (3hours per week)	£70

### Level C Umpiring – Netball

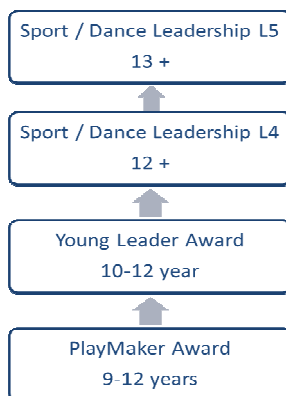
This Course is Perfect for those who are Umpiring at a lower level or in Schools. Must complete the online module first before attending.

Course	Venue	Date	Minimum Age	Time	Cost
Level C Umpiring - Netball	Dunblane Centre, Stirling	Sunday 20 <sup>th</sup> January 2019	14+	10am-4pm	£105



## Clackmannanshire's Leadership Pathway

Every year a variety of sport and dance leadership courses are offered to young people aged 9+. This diagram shows the progression you can make through the various awards and qualifications.



### Sports & Dance Leadership Courses

#### Level 4 Award in Sports Leadership (SL4)

SL4 is a nationally recognised qualification that enables successful learners to assist in leading purposeful and enjoyable sport/physical activity, under direct supervision. This course also earns 5 credits on the SCQF. Candidates will have to complete 1 hour of volunteering on completion of this week's course.

Course	Venue	Date	Minimum Age	Time	Cost
Level 4 Award in Sports Leadership	Lornshill Academy PE Department	Monday 1 <sup>st</sup> to Friday 5 <sup>th</sup> April 2019	12+ Must be in S2 or above	9am-4pm	£40.00

#### Level 5 Qualification in Sports Leadership (SL5)

SL5 is a nationally recognised qualification that enables successful learners to lead safe, purposeful and enjoyable sport/physical activity, under indirect supervision. This course also earns 7 credits on the SCQF. Candidates do not have to have completed Level 4 before attending Level 5 and all candidates will have to complete 10 hours of sports volunteering on completion of the week's course.

Course	Venue	Date	Minimum Age	Time	Cost
Level 5 Qualification in Sports Leadership	Lornshill Academy PE Department	Monday 1 <sup>st</sup> to Friday 5 <sup>th</sup> July 2019	13+ Must be in S3 or above	9am-5pm	£50.00

### Level 4 Qualification in Dance Leadership

DL4 is a nationally recognised qualification that enables successful learners to assist in leading purposeful and enjoyable dance activity sessions, under direct supervision. This course also earns 5 SCQF credits. Candidates will have to complete 1 hour of volunteering on completion of this week's course.

Course	Venue	Date	Minimum Age	Time	Cost
Dance Leader	Lornshill Academy PE Department	Monday 15 <sup>th</sup> to Friday 19 <sup>th</sup> July 2019	12+ Must be in S2 or above	9am-4pm	£40.00

### PlayMaker Award

The PlayMaker Award is a great introduction into leadership giving learners knowledge of how to organise small games and activities that can be used during curricular and extracurricular time, lunchtimes, breaks, as well as in sports clubs outside school hours. The PlayMaker Award aims to help learners develop leadership skills such as organisation, communication and teamwork, as well as helping to build confidence and self-esteem as they take on the responsibility of assisting in leading their peers and younger children.

Course	Venue	Date	Minimum Age	Time	Cost
PlayMaker Award	Lornshill Academy PE Department	Tuesday 23 <sup>rd</sup> July 2019	9-12 years	9.30am-3.30pm	£10.00

### Young Leader Award

This is the next step on the progression into leadership or a follow up to the PlayMaker award and the Young Leader introduction award that is delivered in our primary schools. This award gives learners the knowledge of how to organise and lead small games and activities. The Young Leader award aims to help learners develop leadership skills such as organisation, communication and teamwork, as well as helping to build confidence and self-esteem.

Course	Venue	Date	Minimum Age	Time	Cost
Young Leader Award	Lornshill Academy PE Department	Wednesday 24 <sup>th</sup> & Thursday 25 <sup>th</sup> July 2019	10-12 years	9.30am-3.30pm	£15.00

## Sports Inclusion Training

This 2 hour course will help you gain knowledge and experience of how to adapt and include children with additional support needs with a focus on Boccia, Fun In Athletics and Tri-Golf. Candidates can then gain practical experience by helping at the ASN Boccia Festival in November and the Fun In Athletics Festival in January.

Course	Venue	Date	Minimum Age	Time	Cost
Sport Inclusion Training	Alloa Academy	24 <sup>th</sup> October 2018	13	4.00pm-5.30pm	Free

## Boccia Leaders

The Boccia Leaders Award will provide coaches, teachers and volunteers with the knowledge, skills and confidence to introduce boccia to children, young people and adults with a wide range of abilities. The course will be both theory and practical.

Course	Venue	Date	Minimum Age	Time	Cost
Boccia Leaders	Alloa Academy	4 <sup>th</sup> October 2018	14	4.30-7.30pm	Free

## Competition Organiser Training Programme

This training is offered as part of sportscotland's contribution to help young people as leaders in sport. The role of a event/competition organiser gives young people the responsibility to plan, organise and deliver events and competitions. There are two programmes running this year – refresher training for existing COT leaders which will be a 2 hour workshop and the full 1 day course for new COT leaders.

Course	Venue	Date	Minimum Age	Time	Cost
Competition Organiser Refresher Workshop	Lornshill Academy Games Hall	Wednesday 29 <sup>th</sup> August 2018	14+	4pm-6pm	Free
Competition Organiser Training	Alloa Academy Alva Academy Lornshill Academy	Bespoke dates December 2018 / January 2019	14+	9.30am-3.00pm	Free