

Coaching at St Brendan's College



A sports coach is a significant position that carries responsibilities for the direction, instruction, and training of students in both team and individual pursuits. The sports coach through his/her actions will uphold the Mission and Values of St Brendan's College. The sports coach will actively support all students in achieving their best in their specific sport.

'Talent wins games, but teamwork and intelligence win championships.' – Michael Jordan



General Expectations

- Ensure Blue Card requirements are current and updated where necessary (submit approvals to college).
- Coaching accreditation is current and updated where necessary (Refer to Director of Sport/Coaching if upgrading is required).
- Attend all Coaching sessions and Competitions as negotiated with the Director of Sport/Coaching.
- Be familiar with the College's coaching and Sports code of conduct.
- Know and abide by the laws, rules, regulations and standards for your sport and ensure students do likewise.
- Know the guidelines on action to be taken in the event of an accident and be aware of emergency contact procedures.
- In consultation with Director of Sport, select teams in accordance with the selection criteria.
- Ensure that the tasks and training are suitable for age, experience, ability and physical and psychological conditions of the students (refer to St Brendan's LTAD).
- Supervise the students under your direct control at all times. Ensure that no student is left unsupervised following the conclusion of an activity.
- Inspect equipment and surrounding areas. Report damaged and unsafe areas to the Coordinator.
- Ensure equipment is collected and returned.
- Seek and apply current best coaching practice.
- Refer to relevant St Brendan's Coaching documents when establishing playing style and techniques.
- Coaches need to be accessible to athletes and college staff hence emails must be provided.

Dress Expectations for Coaches

Coaches are encouraged to participate in activities with students where this is appropriate and worthwhile to the training, therefore suitable clothing is required.

- Appropriate length pant or shorts.
- A collared shirt.
- Running/dress shoes (thongs NOT permitted unless at the pool).
- Hat.
- On competition days, coaches are expected to wear a St Brendan's College polo or long sleeve (supplied).



Policies and Procedures

Sport is a 'Lifelong pursuit'. Clearly, we are competing and training to win, but the process is more important than the product. Do not let the score board dictate how St Brendan's College prepares for competition or the goal of preparing athletes for skill application in the future (LTAD). We are identifying and coaching athletes for future participation, sports and positions not talent selecting to win the U12A final. St Brendan's College believes in developing an athlete's skill vocabulary, hence enabling them to participate in a variety of sports and specialize in the future.

Training Procedures

At beginning of training:

- Organise and prepare for the session.
- Greet students – check status of squad (injuries, sickness etc.) Inform sports co-ordinator of issues arising.
- Emphasise habits, on time, organised, discipline, courtesy and selflessness.
- Outline training expectations and processes for the week and season.
- Review match etc. Positive reinforcement.
- Commence training.

During Session

- Dynamic warm up and movement related to the skills involved.
- Conditioning Phase - particularly for 15-year old's and above, Small Sided Game Fitness (SSGF) for year 7 to year 9 students.
- Skills simple to complex and closed to open environments.
- Create structure and repetition.
- Be aware of the Coaching Director's and Coordinator's sport and team structures and techniques.
- The learning environment must be challenging yet interesting and fun. Please refer to St Brendan's LTAD Model regarding training specificity and chronological age.

End of Session

- Review session and week ahead.
- Return equipment.
- Information for the next game or next session.
- Assign athletes to assist in gear collection etc.



Athletic Development Program

The development of the Engine requires the mastery of a large vocabulary of movements. Hence, it is paramount that the coach enforces the training of athletic qualities in the St Brendan's College gym.

- Strength Development – wrestling, max strength, technical proficiency, power and elastic strength.
- Functional Development – shoulder/thoracic, hip/ankle, trunk integrity and strength.
- Running development – COD, Vmax, acceleration, aerobic and anaerobic.

The primary focus of the program is to optimize structural integrity, optimize speed, force stabilization, force reduction and force production.

Athlete focus...not sport focused...enhance the athlete's movement potential.

Children aged between 5 and 15 years are in their most productive and responsive period of movement learning. This is known as the 'skill-hungry' period and is the ideal time to further challenge the ever-growing muscular-skeletal system. Many of the limitations seen in the teenage and senior years are traced back to this important period of a child's development. It is during this period that the child will encounter the start of their growth spurt and so it is important to begin the process of movement learning and progression as soon as possible.

Movements include:

- squatting
- lunging
- pushing
- pulling
- hinging
- bracing

All future sports-specific actions e.g. running, jumping, throwing, kicking, catching and striking begin their journey here. If there is any intention of trying to achieve sporting excellence in later years this is the period within which to start the process towards movement efficiency.

The goals of the St Brendan's Athletic Development program are:

- Improve movement literacy of all our students.
- Provide a safe and motivating environment for the St Brendan's College students to train and develop.
- To develop in students the desire to continually improve through practice, training and the development of a strong work ethic.
- Produce and implement strength and conditioning programs for students competing in sporting competitions.
- Use best practice to properly prepare students for a variety of sports.

- Develop a student's athletic ability to their potential.
- Identify students who show potential to succeed at specific sports or events.
- To provide students with the opportunity to participate in physical activities they might never have been exposed to.

From Year 9, students have access to the St Brendan's gym facility where they work their way through progressively more complex and/or loaded movements. This allows us to safely advance and monitor the students throughout their time at the college.

'As a coach it is important that you are aware of the St Brendan's College long term athletic development goal. It is expected that you are supportive and actively encourage your team members to participate in strength training at St Brendan's College.'

