

# Coach Education



## Regional Coach

This course prepares the candidate for coaching at regional to international level. Because of this the course uses experts from their respective fields to deliver the material. The Technical Skills section of the course is delivered by an international coach and the Sports Science section by university staff.

<b>Course Duration:</b>	4 days
<b>Assessment:</b>	Complete a 6 month coaching log of work with a group of shooters showing the detailed and planned phases of development.
<b>Context:</b>	Takes on discipline from prior qualification
<b>Entry Requirements:</b>	NSRA Life or Annual member Range Conducting Officer qualification County Coach qualification
<b>Pre-course Reading:</b> (issued on receipt of registration)	Sports science "primer" British Shooting / NSRA Documents
<b>Course Detail:</b> Sports Science Section	Physical Training Psychological Skills tool kit Performance profiling Coaching philosophy Coach – performer relationship Biomechanics Video for performance analysis Physiotherapy and sports massage
Technical Skills Section	2 days' work with an established international coach – a chance to answer questions about techniques preparation and training drills used to prepare elite shooters.
<b>Approximate Cost:</b>	£395.00

For more information or to register interest in a course  
Contact:-  
Coaching Committee Chairman Richard Johnson