STAR
Secondary Tertiary Alignment Resource

The learning place

STAR COURSE – Sports Coaching

Take a shot at becoming a confident coach with game winning communication, planning, and mentoring skills. From Netball to Football, this course will cover coaching skills that can be applied to any sport.
Day One: Freeze those ice packs, as today you will simulate responses to common sporting injuries and learn how to keep participants safe. You will also participate in kaiako led coaching sessions to understand key communication and participant development techniques.
Day Two: There will be no benchwarmers today as you will plan and model your own coaching sessions, as well as participate in the coaching sessions of other students.

Course Requirements:

- **must be year 12 or 13**
- **must currently be involved in a sport**

During the course students will have the opportunity to gain the following unit STDs:-
US20673 (Level 3, 5 credits) *Demonstrate knowledge of injuries, injury prevention and risks and hazards associated with sport or recreation (written)*
US22771 (level 3, 6 credits) *Plan beginner-level coaching sessions for sport participants (written)*

Venue:	Takapuna Cricket Ground Northcote Rd
Length of course:	2 days
Time of course:	9.00 am – 3.00pm
What to Wear	please wear appropriate clothing for participating in sporting activities

If you are unable to attend on any of the days please ring