



## **Level 1: Coaching for Hope Graduates**

Criteria to qualify for a place on the Coaching for Hope school:

1. The candidate must be working with young people in a sporting context on a regular basis

To attain the accreditation of a Coaching for Hope Level 1, a coach must have completed a week long school. During this school, they must achieve all of the learning outcomes (Appendix A), and they must complete all of the following activities:

1. Take part in all the practical and theoretical elements of Goals Without Goal Posts and Introduction to Football Coaching manual
2. Take part in all eight workshops from the HIV peer education manual
3. Plan, prepare, and deliver at least one coaching session during the week, which remains true to the limited resource theme of the *Goals Without Goalposts* manual
4. Deliver all 8 workshops and integrated sessions to a group of young people after the course
5. Submit 8 Session plans for football coaching sessions
6. Submit 8 self evaluations for these sessions

It is the responsibility of the senior coaches/UK coaches/Coaching for Hope assistant coordinator to ensure that these criteria for completion are fulfilled, along with the learning outcomes listed in Appendix A.

## **Learning outcomes – Level 1**

When a Coaching for Hope candidate believes he/she has finished a learning outcome, they must initial the 'coach' box next to the outcome and then give it to the UK coach/Level 2/Level 3 who will either agree and initial the 'examiner' section, or disagree and ask the candidate to return when they think they might have achieved this outcome.

Learning Outcomes	Coach	Examiner	Comments
<b>1. Football coaching and communicating</b>			
Establish a safe working environment in both a football and an HIV awareness session			
Establish working relationships with participants and other coaches			
Understand the principles of 'Goals Without Goal Posts'			
Understand the principles of Warming Up and stretching			
Understand and take part in a SAQ session			
Understand the components of a football coaching session			
Take part in a 'Goals Without Goalposts' football coaching session			
Deliver a 'Goals Without Goalposts' football coaching session			
Understand the principles of Cooling Down			
Understand the need for Debriefing			
Understand different coaching styles			
Demonstrate the ability to work with, or within, a team			
Demonstrate communication skills in a group setting			
Demonstrate an ability to self-evaluate			
Improve standard of football coaching delivery over the course of the week			
<b>2. HIV/AIDS awareness, Substance abuse sessions</b>			
Understand and deliver a football coaching session that explicitly links the theme of HIV awareness (or another social issue) to your football coaching practice			
Take part in all eight HIV peer education workshops			
<b>3. Post Course submissions</b>			
Deliver all 8 integrated workshops from HIV awareness manual or substance abuse manual			
Submit 8 football coaching session plans			
Submit 8 self evaluations			