

## **ABOYNE JUDO CLUB**

### **UKCC LEVEL 2 COACHING COURSE IN JUDO**

Under the governing body of the British Judo Association and Judo Scotland, all Club Coaches are required to possess Coaching Certificates which must be re-validated every year. Further to completing my UKCC Level 1 course last year; I have continued on and now successfully completed the new UKCC level 2 in Judo through Judo Scotland.

This New UKCC Level 2 course in Judo is the only combat sport to achieve endorsement within the professional industries of coaching; this is now a nationally recognized qualification. I was among a group of 16 other coaches from clubs throughout Scotland who met at the National Judo Academy in Newbridge, Edinburgh. Again, this was the first time this course had been run in Scotland, which was a totally new experience to everyone, including the tutors. The course was run over 2 full weekends, with the final assessment day held in January.

The course was made up of a series of module, practical and theory based practices and written tasks. Over the two weekends the course was run in an interactive and informal way. It has been developed to facilitate coaches learning and development through the creation of a relaxed and friendly environment.

The main aims of the course was to empower you to become a better Coach, this was achieved through these various activities and discussions throughout the course and to build upon my current knowledge base, not only learning from the tutor, but gaining vital information from the other coaches on the course. Within the coaching remit was the requirement for the development of other players within the class. This was looking at various scenarios for 'Long Term Player Development' of LTPD for short. This I found very useful as it has given me guidance as to the development of players in relation to their age, size and ability. This has allowed me to develop my coaching relating more to each player and adapting the class and their training to suit. Also this has opened up the availability to receive help out with Judo with regards to fitness, diet and injuries.

Within our coaching pack, there was a series of home based study tasks to do, which included risk assessment modules, health & safety, roles and responsibilities of a coach, child protection, judo rules and regulations. Also within the pack was our main task - developing and demonstrating a series of 6 linked session plans to which we had to delivery on our assessment day. These planned sessions each lasted 60 minutes long and we had to deliver these to the other coaches under our instruction, with the assessors watching and analysing our performance.

I am pleased to say that I have passed my level 2.

James McBeath 2<sup>nd</sup> Dan  
Aboyne Judo Club