

FOUNDATION COACH COURSE

Participant Information

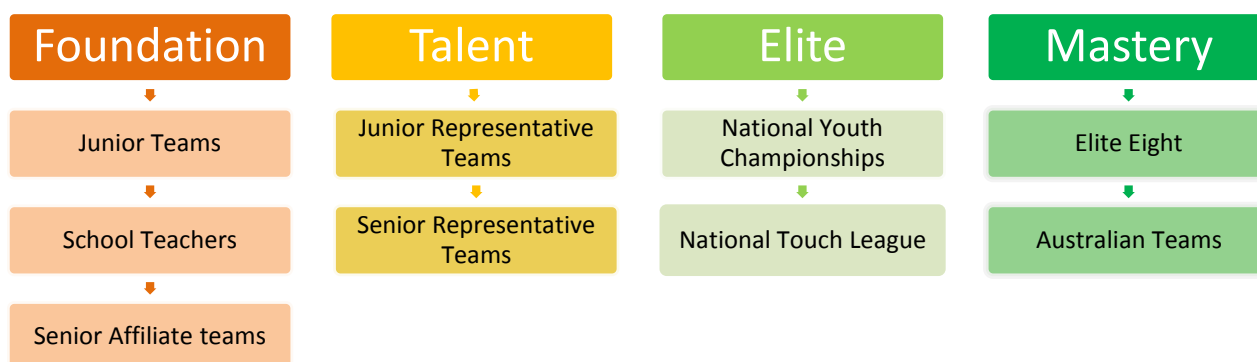


Foundation Coach Course

The Foundation Coach Course is designed to give the participants the basic knowledge and skills to safely coach juniors and participants at the local affiliate/association level.

TFA Coaching Pathway

The Pathway consists of four courses of accreditation that cover the TFA pathway from participation through to high performance.



Course Outline

Participant Introduction	10 mins
Session 1: Coaching Processes – Theory	40 mins
Session 2: Skill Development – Movement, Ball, Rollball and Rucking – Practical	70 mins
Session 3: Skill Development – Attack and Defence Skills – Practical	45 mins
Session 4: Skill Development – Game Concepts and Strategies – Theory	30 mins
Session 5: Planning Coaching – Theory	45 mins
Session 6: Practical Coaching – Theory	45 mins
TOTAL	7 Hours

Pre-Course Information

It is a pre-requisite that you complete the [ASC Community Coaching General Principles Course](#).

Resources

The [Touch Football Australia Coaching resources page](#) also contains a number of useful items, which we encourage you to check out.