



**Australian Government**

# **SISSSCO016 Coach participants in sport competition**

**Release: 1**

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## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to coach participants in a specific sport to prepare for and participate in a competition.

This unit applies to individuals working in community based coaching roles in the Australian sport industry. This includes individuals working and volunteering in sport clubs and organisations.

Specific industry accreditation requirements may apply to sport-specific coaching accreditation and information should be obtained from the relevant National Sporting Organisation (NSO).

## Pre-requisite Unit

Nil

## Competency Field

Sport Coaching

## Unit Sector

Sport

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Prepare for sport-specific competitions.

### PERFORMANCE CRITERIA

*Performance criteria describe the performance needed to demonstrate achievement of the element.*

- 1.1. Source and interpret sport-specific competition information to identify competition requirements for participants.
- 1.2. Source, interpret and analyse competitor performance information to identify competitor strengths and weaknesses.
- 1.3. Consult with participants to develop game strategies and tactics.
- 1.4. Develop game plans to maximise participant

- performance and positive participation and document according to organisational policies and procedures.
- 1.5. Brief participants on game plan prior to competition.
  - 1.6. Support participants to develop and implement sport-specific pre-competition routines.
2. Monitor participants in competition.
    - 2.1. Determine and control competition safety risks according to organisational policies and procedures.
    - 2.2. Support participants to warm up before sport-specific competitions.
    - 2.3. Monitor participant compliance with game plans to identify and rectify game plan non compliance.
    - 2.4. Monitor participant behaviour to identify and respond to poor behaviour.
    - 2.5. Modify game plans during competitions to maximise competition outcomes.
    - 2.6. Support participants to cool down after sport-specific competitions.
  3. Conduct post-competition reviews.
    - 3.1. Analyse competition outcomes to identify and plan future coaching and adjustments.
    - 3.2. Debrief participants on competition performance.
    - 3.3. Document sport-specific game plan reports according to organisational policies and procedures.
  4. Reflect on coaching practice.
    - 4.1. Seek feedback from others to identify areas to improve own coaching practice in competitions.
    - 4.2. Reflect on own coaching practice in competitions to identify areas for improvement.
    - 4.3. Analyse findings and incorporate learnings in future competitions.
    - 4.4. Seek opportunities to address identified professional development needs.

## Foundation Skills

*Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.*

### SKILLS

### DESCRIPTION

- |                     |   |
|---------------------|---|
| Writing skills to:  | <ul style="list-style-type: none"> <li>• document game plans and game plan reports</li> <li>• record attendance.</li> </ul> |
| Oral communications | <ul style="list-style-type: none"> <li>• use age-appropriate language to engage participants</li> </ul>                     |

- skills to:
- ask open and closed questions and actively listen to determine and meet participant needs
  - interact with participants in a polite and positive manner
  - give sport-specific instructions to participants.
- Numeracy skills to:
- interpret, analyse and discuss statistical information about competitors and competition data.

## Unit Mapping Information

No equivalent unit

## Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>