

WPA Coaching Proposal 2009

As the Regional Coaching Co-ordinator for the Wellington Region I propose the following coaching activities for the coaches and players within the region for 2009.

Purpose:

1. To provide on-going Level 1 certification for qualified coaches (level 1 and level 2) within the Wellington Region.
2. To provide coaching/instruction to club players within the Wellington Region.

Step One: Coaching the Coaches. (venue – moderate size with meeting room/area)

1. A coaching seminar for qualified coaches (level 1 and level 2) in the WPA will be held at a suitable location. (early in 2009).
2. This could be a twilight event midweek if there is difficulty getting a suitable date as the seminar would be about 3 hours.
3. The coaching seminar will focus on specific petanque skills and will include skills teaching for beginners and intermediate players. Skills such as:
 - How to hold the boule correctly
 - How to play and practice the various shot types (lob, demi-lob, shooting etc)
 - Use of training aids (buckets, rings, timber, tyres etc)

Skills and training aids will be as used by the C.I.E.P. petanque school run by Claude Raluy – International Centre of Teaching Pétanque.

4. Tactics and reading the terrain.
5. Group discussions will form part of the session.

Step Two: Coaching Session for Players. (venue – large terrain and central)

The purpose of this session is to provide coaching for beginner to intermediate players.

Coaches will be assigned topics by the Regional Coaching Co-ordinator (either singularly or in small groups). The coaches will then plan the coaching session on the topic they are given. The plan will be submitted to the Regional Coach for agreement prior to the coaching session.

At the coaching session the level 1 and 2 coaches will be allocated areas (stations) of the terrain where they will carry out the skills/ coaching session. Players will rotate from area to area so that each player receives instruction at the various stations.

Level 1 and level 2 coaches will be observed by the Regional Coaching Co-ordinator.

A report on each coach will be sent to the National Director of Coaching so that the coach's certification can continue.

Follow-up:

The level 1 and level 2 coaches will be required to plan a coaching strategy for their own club for the 2009 year. This strategy is to be presented to, and accepted by their club. The strategy is then submitted to the Regional Coaching Co-ordinator who may (if available) observe any session run by any of the level 1 and 2 coaches. At the completion of the coaching session the club coach or coaches will file a report on the coaching session.

Where there is more than one club coach in any club all the available coaches will take part in the coaching session and the division of coaching duties will be part of the planning strategy.

Level 1 and 2 coaches are free to run extra coaching outside of this strategy at their discretion but it would be expected that the Regional Coaching Co-ordinator be informed of activities.

Budget:

Once this plan has been accepted and the venues known the Regional Coaching Co-ordinator will prepare a budget. The budget will consist of any hire fees for venues and applicable/reasonable travel expenses for the Regional Coaching Co-ordinator.

Club coaches will apply to their own club for any travel or other expenses required for them to take part in this coaching strategy.

A likely budget (subject to the above) would be:

Travel for the regional Coach to venues based on travel to venue x 2 (400km at \$0.28c per km = \$112.00

Hire of venue x2 at \$50.00 per coaching session = \$100.00

Purchase of miscellaneous coaching materials (training aids that may not be available already) and photocopying \$50 - \$100.00.

A total of \$262.00 to \$312.00.

This is a very broad estimate only at this stage and will be fine tuned once venues and available equipment is known.

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