



GENERAL OVERVIEW OF AWARDS - COACHING

The following requirements are pre-requisite to any candidate, at any level, applying to become a certified USANA coach:

1. A current First Aid certificate, including the administering of CPR, must be provided. A copy must be supplied at the time of application. The Coaching Sub-Committee reserve the right to request the original to be presented at time of testing.
2. Candidates should present a coaching report on the level of team coached, length of time coaching and level achieved. Coaches having achieved a nationally-recognized coaching award in another country may apply to have that ratified under the USANA system.
3. Candidates should hold the Level I umpiring award (or equivalent qualification of another National governing body). A copy of such award must be supplied unless the candidate has been tested under the USANA umpiring award scheme.
4. Applications for any coaching award must be submitted to the Finance Director along with the relevant check by mail. A copy of such application must be submitted to the Technical Director by e-mail (with a copy of the correspondence secretary). **Note: All fees are non-refundable for any reason.**
5. Candidates should be familiar with the USANA Constitution, at least so far as it pertains to coaching, coaching associations, coaching awards, standard rules and regulations as well as the disciplinary code.

USANA will be responsible for:

1. Determining time and venue of test. Where possible, this will be in the candidate's local area or region or will be at the time of a nationally organized event.
2. Determining and arranging for appropriate testers.
3. Determining and arranging for two suitable teams to be at the test venue.
4. On successful completion of test, will supply a Certificate of Achievement and the coach's name will be added to the list of certified USA coaches.

TEST CURRICULUM:

Level 1 Coach - Club:

The test shall be of 45 minutes practical duration. Teams to be coached will be of recreational standard. The test shall be divided into three sections:



1. Demonstrate ability to conduct a warm-up session in a safe and suitable environment. (10 minutes)
2. Organize the teams into a short game for observation purposes and select a skill to be coached. This may be selected from the following: Footwork, Throwing, Catching, or other technical skill. (5 minutes).
3. Demonstrate through a progression of practices improvement in the selected skill, culminating in the skill being included in a game adapted for that purpose. (10 minutes).
4. At own choice, coach a tactic. This will be selected from center pass, back line pass (defending), back line pass (attacking), side line throw on, or passing sequence. Be able to discuss choice with the testers at end of test. (10 minutes).
5. Coach the tactic in an adapted game showing the ability to emphasize the tactic being coached. (10 minutes).

At the end of the practical test, the testers will interview the candidate and discuss the choices made (15 minutes duration). The candidate must be able to show the following:

1. A basic training plan for a recreational level team. Photocopies of reference materials may be included in the plan. Such plan should include, but is not limited to, a training schedule, fitness plans both for and out of coaching session, basic nutritional guidelines, promotion of good team and work ethics.
2. Knowledge and application of safety requirements for both players and environment. This will include suitability of venue and equipment. Personal conduct of all attendees.
3. Ability to discuss the reasonable outcome for the coached team(s).

Testing fee: \$25 – members; \$50 non-members.

Level 2 Coach - State

The test shall be of 60 minutes practical duration. Teams to be coached will be of competent club standard.

Prior to the test, the candidate will supply to the Technical Director evidence of coaching experience. This must include, but is not limited to, evidence of passing Level 1 coaching and umpiring tests; coaching plans, brief coaching resume and evidence of having attended a formally organized coaching seminar organized by a recognized sports or other recreational organization. This may include, but is not limited to, netball coaching, skills techniques, sports nutrition, personal liability legislation for coaches and players, communication and/or evaluation



skills, sports psychology, motivational skills, ethics and personnel management training. The candidate will supply a training diary of at least 1 year's duration showing teams coached. The diary will include but is not limited to, competency level of team(s), number of sessions, results achieved, challenges met and results obtained. The candidate will supply a player hand-out which may include, but is not limited to, fitness training, nutritional guidelines, technical training for specific positions, motivational topics.

The practical test will consist of four sections:

1. Demonstrate ability to conduct a warm-up session in a safe and suitable environment. (10 minutes). Demonstrate the ability to designate leadership roles to various players to lead warm-up skills.
2. Organize a short game in order to assess player competency. Identify a technical skill to be coached. Organize a session emphasizing that skill progressing into layered practices and finally into a conditioned match situation. Show ability to use individual players' natural game to enhance or improve technique. (20 minutes).
3. Assess tactic to be coached. This may include but is not limited to defending a center pass, progression of center pass to circle, three levels of defending, timing etc. This should include practice(s) to attain the skills required to ensure tactical success, finally progressing to successful game situation emphasizing both technical skill and tactic. (25 minutes).
4. Organize and oversee appropriate warm-down techniques (5) minutes.

The theory section of the test will include discussion with the testers in relation to training plans/schedules and other information supplied; reasons for selection of skill and tactic. (25 minutes). The candidate should demonstrate appropriate plan for next session, building and enforcing competence attained during this session.

Test Fee: \$35 – members; \$70 non-members.

Level 3 Coach – Regional/National

The Level 3 Coaching Award is a high level award for coaches capable of coaching teams at a regional or national level. All candidates must hold the Level 2 coaching award for two years prior to application for testing. The criteria for candidates who have successfully achieved Level 2 (or equivalent) coaching awards from another Nationally-recognized body may also be considered qualified to apply for the Level 3 test provided appropriate evidence is supplied. Testing will be carried out using highly-competent club teams or, if possible, regional or national squad level players. 3 Testers will be appointed to administer



the test. One month prior to the test, the candidate must supply in triplicate the following documentation to the Technical Director:

- a. Record of coaching experience, courses attended, Netball resume.
- b. Coaching plan for a typical netball season consisting of at least 25 weeks' duration.
- c. Players' fitness plan.
- d. Players' nutritional plan.
- e. Evidence of educational courses attended which may include any of those listed under the Level 2 prerequisites as well as details of any mentoring programs, drug awareness programs with knowledge of WADA rules and regulations as it pertains to IFNA-recognized organizations, administrative seminars, personal skills seminars.
- f. Personal portfolio of netball theory, skills, practices and drills. The portfolio should include, but is not limited to:
 - i. Diagrammatical layout.
 - ii. Pictorial layout.
 - iii. Written theory.
 - iv. Nutritional guidelines.
 - v. Fitness guidelines.
 - vi. Psychological awareness.
 - vii. Personal coaching history, to include personal goals and achievements.
 - viii. Knowledge and handling of common sports injuries.
 - ix. Ethical awareness.
 - x. Copies of any relevant certification.

Practical Test: 105 minutes duration.

The organization and timing of the test shall be at the designation of the candidate. It must include the following:

Warm-up/warm down techniques. Warm-up practices. Application of appropriate coaching techniques to enhance the high skill level of the players. Ability to identify, develop and improve high level skills and to instill application of the same. Demonstrate motivational skills for player performance enhancement and provide methodology to improve and develop player performance and fitness levels. Identify and incorporate improvement of skills techniques, particularly as it may affect various position-specific requirements. Application and implementation of tactical awareness, skills and thought processes of players. Show successful linking of several tactical plans into successful match play.



Subsequent to the test, the candidate shall meet with the testers to discuss the practical test and the paperwork previously supplied. The testers will question and discuss in detail both the theory work and practical session with the candidate who will be required to demonstrate good communication, reasoning, technical and tactical awareness. Emphasis in discussion will be placed on player motivation, ability to mentor up and coming coaches, ability to lead, creative and forward-thinking and awareness of innovative practices and techniques. 45 minutes.

Fee: \$50 – members \$100 – non-members.

***NOTE:** Upon application, with suitable supporting documentary evidence, candidates may be eligible for testing at a higher level. Such decision shall be at the discretion of the Technical Director and the Coaching Sub-Committee.*