

# Multi-skills Qualification: Implications for Coach Managers

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# The Multi-skills Landscape in Northern Ireland



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## Section Outcomes

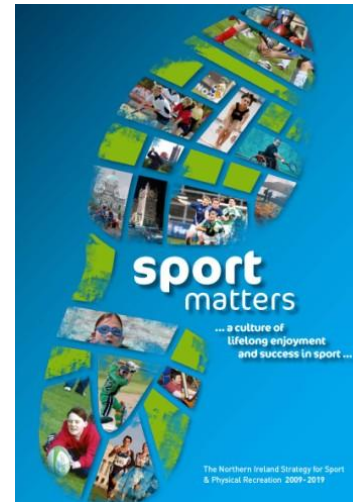
- Outline the current Multi-skills provision and landscape provision within Northern Ireland.
- Outline Northern Ireland's Multi-skills coaching workforce.
- Outline the existing & potential future professional development for Multi-skills coaches in Northern Ireland.



## Strategic Context



Deployment of 400 Multi-skills coaches;  
Train & manage 300 Multi-skills coaches.



Deployment of 400 Multi-skills coaches;  
100 Multi-skills Clubs.



The emergence of the Multi-skills coach is the most significant coaching development in recent years.

Lyle, 2008

Emphasis on fundamentals does little to arm a coach with specific practical information.

Giles, 2006

**LIFELONG INVOLVEMENT IN SPORT AND PHYSICAL ACTIVITY (LISPA) FRAMEWORK**

ACTIVE LIVING

ACTIVE RECREATION

ORGANISED SPORT

HIGH PERFORMANCE

Training to Win

Training to Compete

Training to Train

Learning to Play & Practice  
**PHYSICAL LITERACY**

Fundamentals

Active Start



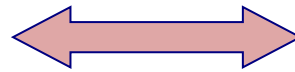
# NI Community Multi-skills Provision



\* based on 11-16 yr old population

# NI Multi-skills Coaching Workforce

Less Volunteer Coaches than any other Sport;



More Paid Coaches than any other Sport (P/T & F/T);

66% University Graduates  
(more than any other coaching group)

99% Deliver other Sports

Coach More Regularly than other Sports

62% Level 2 Coaching Qualification or Above

89% possess Another Coaching Qualification

83% Wish to Progress to a Higher Level of Qualification



Multi-skills Clubs



## NI Coaching Workforce – Wider Sport



**Community  
Sports Clubs**

**Differences in Understanding  
Between Paid & Voluntary  
Coaches**

**Training in the Integration of  
Multi-skills into a Sports Club  
Setting is Needed**

**56% of Coaches Deliver to Children  
Under 10; 75% Deliver to 11-16 year olds**

**77% Wish to Progress to a  
Higher Level of Qualification**

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**Multi-skills Courses perceived as  
Positive Addition to a Coach's  
Development**

**There is a Need for Further  
Training, Support &  
Information Sharing**

**Coach Development Programmes should  
be Structured & Include Resources  
Fitting the Needs of All Sports**





# Current Professional Development Opportunities: Multi-skills Coaches

An Introduction to  
the FUNdamentals of  
Movement

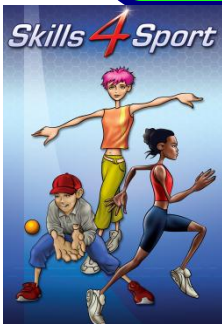
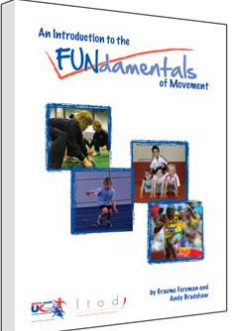
FUNdamentals of  
Balance

FUNdamentals of  
Coordination

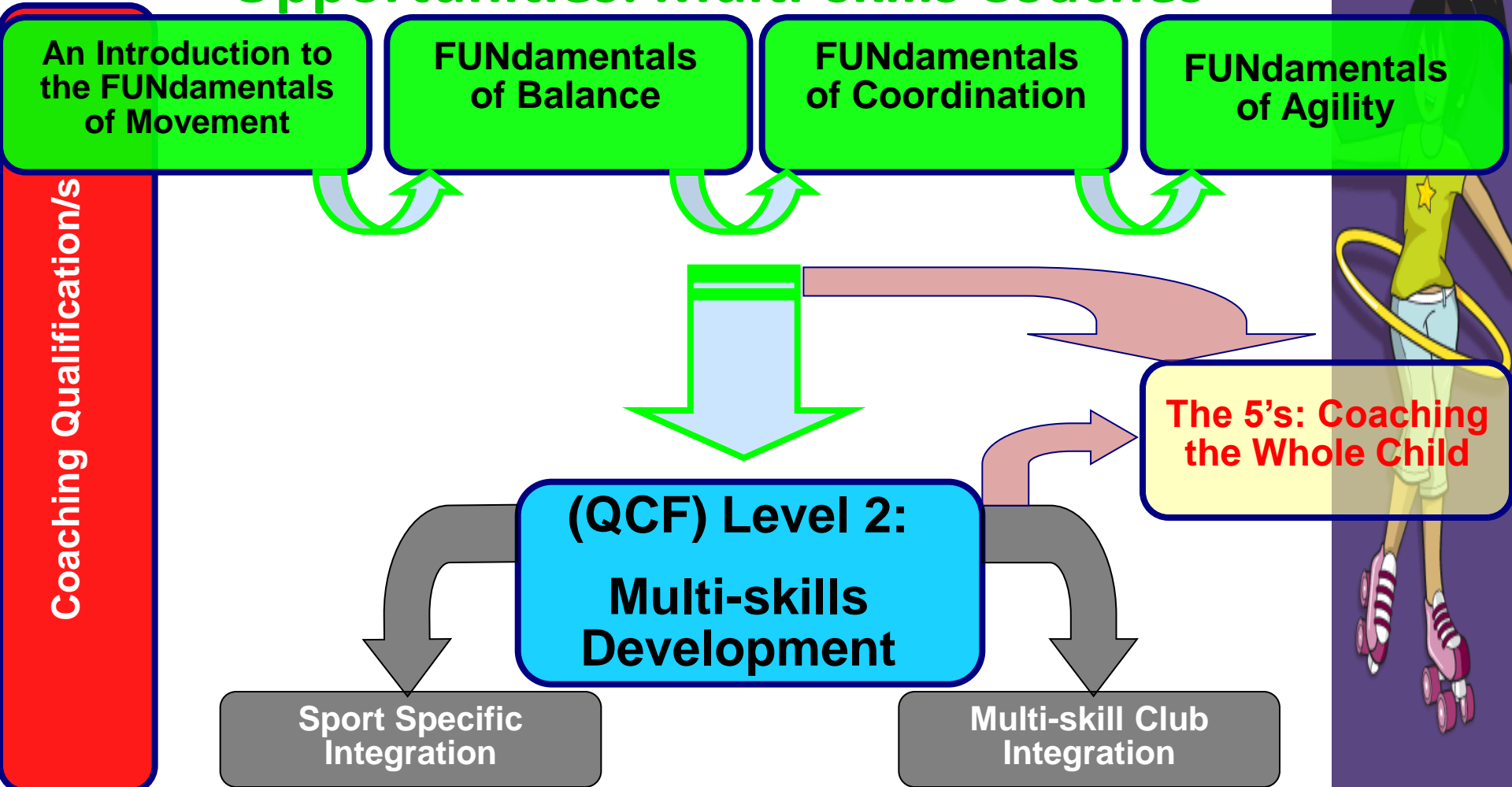
FUNdamentals of  
Agility

Workshops

## Resources



# Potential Professional Development Opportunities: Multi-skills Coaches



## The Future...

- Wildcats Coaching Workforce Research May to October 2011.
- Potential Multi-skills Coach Development Programme Based on Research Findings.
- 3 Sport Pilot: Club Children's Coach Development Programme.



# Level 2 Award in Multi- skills Development in Sport



Andy Grant

## **1st4sport Level 2 Award in Multi-skills Development in Sport**

- 1st4sport Qualifications are the awarding organisation
- Qualification is accredited on the Qualification and Credit Framework
- Technical Development Group – sports coach UK, Youth Sport Trust, EFDS, local authority rep, governing body rep, HE/FE rep
- ‘What should a level 2 qualified multi-skills coach be able to do?’ ie knowledge and application

## **1st4sport Level 2 Award in Multi-skills Development in Sport**

- Technical Development Group started with the question

‘What should a level 2 qualified multi-skills coach be able to do?’

## **Decision-making factors**

- Target audience of coaches – their time and financial commitment
- Suitable for club coaches, governing body coaches, community programmes, private providers, HE students
- Recognised Centres, governing bodies and other sport organisations – attractive to them to run
- Pre-requisite of holding a recognised governing body level 2 qualification to reduce the learning programme and places this as a CPD opportunity for L2 and above coaches

## Level 2 Award in Multi-skills Development in Sport

- Three units that are on the QCF:
  - Understand how to coach children in a multi-skills environment
  - Developing FMS
  - Developing FSS
- Assessment - written tasks, 2 practical observations, 4 linked sessions
- Recommended Learning Programme – 2 days plus one day for final assessment



## **sports coach UK learning programme**

- Delivered by Coachwise Recognised Centre
- The 5 games categories are the strands used for delivery
- Delivery underpinned by the 5 C's of Coaching Children
- Multi-skills Matrix
- 4-linked sessions:
  - FSS theme eg Striking/Fielding
  - FMS theme eg sending/receiving

## Implications for Coach Managers

- Know the qualification – eg pre-requisites, length of learning programme, assessments
- Recognise your coaches' stage of development and when they will benefit from the qualification
- Understand what is a multi-skills coach ie ability to make the links between sports
- Understand the principles of themed multi-skills programme
- Know how to access the qualification