



# COACH EDUCATION PROGRAMME 2008

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# INTRODUCTION

Welcome to **BaseballSoftballUK's** Coach Education Programme.

The purpose of this publication is:

1. To assist coaching candidates to choose the appropriate course of training.
2. To highlight the overall requirements and expectations of course candidates.

Candidates should be aware of the following general requirements:

- All candidates for courses must be at least 16 years of age. There are special Foundation programmes for school students aged 14-16.
- All candidates must be registered as coaching members of **BaseballSoftballUK** before beginning a course or assessment.  
[http://www.baseballsoftballuk.com/downloads/User\\_Guide.pdf](http://www.baseballsoftballuk.com/downloads/User_Guide.pdf)
- Courses generally involve practical work. However, whilst practical participation is encouraged, it is not obligatory, and arrangements will be made to assist those candidates with learning difficulties or disabilities.
- Unless specified, course fees quoted include all tuition, training, certification and assessment.
- Candidates have the opportunity to accredit prior learning where applicable.
- **BaseballSoftballUK** is committed to providing a non-discriminatory culture for all its learners and is active in providing policies and procedures which promote equal rights and opportunities.
- **BaseballSoftballUK** courses are only delivered by fully-accredited tutors.
- All assistant coaches and coaches are expected to hold a current enhanced disclosure from the Criminal Records Bureau.
- **BaseballSoftballUK** courses are for purposes of coach education; they are not player clinics.

On the following pages are the elements that candidates can expect on each **BaseballSoftballUK** Coaching course.

# The BSUK Coach Education Structure

The **BSUK Coach Education Structure** begins with entry level certificate programmes which are generic to baseball and softball. The pathway continues with both baseball and softball coach qualifications from levels 2 – 4. Courses at Levels 1 – 4 include elements that are designed to be in line with UKCC minimum requirements at each level. Qualifications are not, as yet, part of the UKCC.

## Entry Level Qualifications

### **Foundation Level Baseball & Softball – on stream September 2007**

- Certificate of Achievement courses to run as a 'bolt on' for educational courses in secondary schools (BTEC, GCSE) or Sports Leader programmes. Aimed at:
  - Teachers and Community Sports Coaches wanting to include baseball or softball within the curriculum, in after-school clubs or in multi-sports environments.
  - Parents of junior players and junior team volunteers.
- Minimum age 14 years.

### **Level 1 Assistant Coach – on stream December 2007**

- An entry level programme generic to both baseball and softball. Aimed at:
  - Those wanting a first step on the coaching ladder.
  - Those wanting to work as assistant coaches in clubs.
  - Multi-sport coaches working in schools.
- Minimum age 16 years.

## Coaching Qualifications

### **Level 2 – Baseball Coach – on stream January 2008**

### **Level 2 – Softball Coach – on stream January 2008**

- A Coaching Qualification which focuses on the preparation, delivery and evaluation of coaching sessions, working with assistant coaches and the teaching and development of skills. Aimed at:
  - Those who have already completed the Level 1 qualification.
  - Those coaches progressing up the coaching ladder.
  - Coaches wishing to work independently or as a licensed coach.
- Minimum age 18 years.
- For the qualification to be confirmed, the coach will need to gain a first aid certificate, CRB Enhanced Disclosure and attend workshops on equity and child protection.

### **Level 3 – Baseball Coach – on stream April 2008**

### **Level 3 – Softball Coach – on stream April 2008**

This level will focus on more advanced skills of coaching, team management and the planning and delivery of long term coaching programmes. It will be a modular programme with the possibility of earning credits by attending advanced clinics. It will suit team managers, club Head Coaches and those working as lead coaches in the baseball and softball academies. The course is suited to coaches with responsibilities for setting annual training programmes in clubs and Academies.

**Level 4 – Elite coach – Baseball – on stream September 2008**

**Level 4 – Elite coach – Softball – on stream September 2008**

This is a programme based on an individual coach development plan and will be suited to those wanting to develop advanced skills in all aspects of the game or work with National Teams in a management role. It will focus on the creation of training programmes at a high level and on responsibility for mentoring coaches and overseeing delivery. It will involve a continuous coach development plan and the completion of advanced SCUk workshops

# **Coach Education Summary**

## **Foundation Award**

### **Aims**

- To increase knowledge and understanding of the coaching process among volunteers, teachers, community sports coaches and students in schools.
- To develop confidence in volunteers so that they may engage more effectively in club, school or league contexts.
- To inspire young leaders to become involved in club, school and league activities.
- To develop knowledge of the games of baseball and / or softball so that teachers can include the games within their sports and PE curriculum.
- To develop fundamental game skills to the point where these skills can be taught effectively and with confidence.
- To help develop and provide additional support for baseball and softball programmes.

### **The Awards**

The **BSUK Foundation Level Awards** consist of a combination of up to four modules depending on the audience. There are four versions of this award:

- Volunteer Award – age 14+
- Teacher’s Award – for qualified education professionals
- Community Sports coaches Award
- Student’s Award – age 14+

Completion of one of these Awards will earn a Certificate of Achievement. Well-qualified active sports teachers may achieve a Level 1 qualification via this route.

The **Foundation Volunteer Award** is targeted at volunteers and young volunteers wishing to be involved in baseball or softball clubs and leagues, especially those including young people.

The **Foundation Teacher’s Award** is targeted at education professionals who already have knowledge of welfare and equity issues and good practice in working with children but have little knowledge of baseball and softball skills and game progression. These people may wish to incorporate baseball or softball into their organisation’s curriculum as enrichment activities or as a ‘bolt on’ to existing BTEC and GCSE courses.

The **Foundation Community Sports Coaches Award** is targeted at C.S.C.s who may wish to include modified forms of baseball or softball in their sessions.

The **Foundation Student’s Award** is targeted at students in secondary education who may be following BTEC or GCSE courses involving games and those involved in Junior Sports Leader Awards.

### **The Learning Modules**

There are four modules that can be combined to make up the award:

1. Good practice in working with children and young people – theory.
2. Roles and responsibilities of a coach and game officials – theory.
3. Fundamental skills of baseball and softball – practical.
4. Rules, game progression in baseball, softball and tee-ball – practical.

## **The programmes for these versions of the awards are:**

- Volunteer Award – Modules 1,2,3 & 4 (6 hours).
- Teacher's & Community Sports coaches Award – Modules 2,3 & 4 (4+ hours).
- Student's Award – Modules 1,2,3 & 4 (6 hours).

These can be delivered as separate sessions or combinations of sessions.

## **Venue**

The theory modules are best delivered in a classroom / meeting room environment with presentation facilities such as projector, OHP, flip chart etc.

The practical sessions are best delivered in a sports hall or similar. In good weather these modules can be delivered outdoors.

## **Resources**

The course will be accompanied by a variety of resources, some available as downloads from the BSUK website.

## **Module 1: Good practice in working with children and young people – theory**

- Why do children want to be involved in sport?
- Barriers to participation in sport.
- Rights of young athletes.
- Positive coaching.
- Game adaptations.
- Introduction to Child Protection, responsibilities of volunteers, types of abuse, recognition of abuse, BSUK procedures for reporting.
- Good practice guidelines.

## **Module 2: Roles and responsibilities of a coach and game officials – theory**

- Responsibilities of a coach – related to rights of an athlete, legal framework, practice organisation, equity in coaching, positive coaching, effective teaching and learning, roles of assistant coaches and qualified coaches.
- The coach during a game – awareness of how coaches and managers operate in a game situation.
- Roles of the umpire – in instructional junior games, ensuring fairness, making judgement decisions, maintaining the rules of the game, responsibilities regarding Child Protection, responsibilities for ensuring safety and relationship with managers and coaches before, during and after the game.
- Role of the scorer as a neutral league official.
- Principles of practice organisation.

## **Module 3: Fundamental skills of baseball and softball – practical**

- Throwing and catching.
- Fielding.
- Hitting, including use of the tee.
- Pitching types and contexts.

#### **Module 4: Rules and game progression in baseball, softball and teeball – practical**

- Basic rules and aims of the game(s).
- Defensive alignment and fundamental tactics.
- The batting order and game progression.
- Base running procedures for the game(s).
- Role of the catcher in the game(s).
- Operating safely in the game situation: eg. wearing a batter's helmet.

### **Notes**

# **Coach Education Summary**

## **Level 1 (Assistant Coach) Award**

### **Baseball and Softball**

#### **Aims**

- To increase knowledge and understanding of the coaching process in baseball and softball.
- To introduce roles and responsibilities for coaches regarding Child Protection, Welfare and Equity.
- To give coaches the skills and knowledge TO ASSIST qualified BSUK coaches working in clubs, leagues and junior sections.
- To give coaches a better understanding of the delivery of baseball and / or softball skills through safe, effective and organised practices.
- To enable assistant coaches to carry out coaching roles within a game situation.
- To help develop and provide additional support for baseball and softball programmes.

#### **The Award**

The BSUK **Level 1 Award** consists of four modules. The course is generic to baseball and softball. The award leads to an Assistant Coach Qualification. Candidates are required to register as a coach on the BSUK website and must gain an enhanced disclosure from the CRB within two months of completing the course. This will be arranged through BSUK. This award is not a qualification to coach independently.

The Level 1 Award is targeted at:

- Parents helping out at club junior sections.
- Volunteers (16+) working in club junior sections.
- Adults (16+) assisting club coaches in practices and games.
- Baseball or softball players wishing to begin a coaching career.

#### **The Learning Modules**

There are four learning modules in the award:

1. Good practice in working with children and young people – theory.
2. Roles and responsibilities of a coach and game officials – theory and practical.
3. Teaching the fundamental skills of baseball and softball - practical.
4. Rules, safety and game progression in baseball, softball and tee-ball - practical.

These can be delivered as separate sessions or combinations of sessions.

#### **Venue**

The theory modules are best delivered in a classroom / meeting room environment with presentation facilities such as projector, OHP, flip chart etc.

The theory sessions are best delivered in a sports hall or similar. In good weather these modules can be delivered outdoors.

## **Course Duration**

The course will be a minimum of 9 hours plus an observed practical session during which the candidate will deliver a 15 minute skills session.

## **Assessment**

Successful completion of the award will be judged by the tutor / assessor based on full participation and observation of the candidate's ability to demonstrate, or use a model to demonstrate, aspects of a coaching session (15 minutes minimum) and a recorded evaluation of the assessed coaching practice.

## **Resources**

There will be a variety of resources accompanying the course, some of which are available as downloads from the BSUK website.

### **Module 1: Good practice in working with children and young people – theory**

- Why do children want to be involved in sport?
- Barriers to participation in sport.
- Rights of young athletes.
- Positive coaching.
- Game adaptations.
- Introduction to Child Protection, responsibilities of volunteers, types of abuse, recognition of abuse, BSUK procedures for reporting.
- Good practice – guidelines and Codes of Conduct.

### **Module 2: Roles and responsibilities of a coach and game officials – theory**

- Responsibilities of a coach and an assistant coach: preparation for activities taking into account participants' needs and motives, rights of an athlete, legal framework, practice organisation, equity in coaching, positive coaching, effective teaching and learning, roles of assistant coaches and qualified coaches and establishing a safe working environment.
- Game modifications and working with children of different ages and abilities.
- Principles of Practice Organisation: delivering prepared activities of a coaching session and evaluating the effectiveness of coaching activities.
- The coach during a game: understanding of how coaches and managers operate in a game situation.
- Relationship with umpires before, during and after the game.
- Roles of the umpire: in instructional junior games, ensuring fairness, making judgement decisions, maintaining the rules of the game, responsibilities regarding Child Protection, responsibilities for ensuring safety.
- Role of the scorer as a neutral league official.

### **Module 3: Fundamental skills of baseball and softball – practical**

The following skills will be introduced to demonstrate correct technique, provide opportunities for candidates to learn the skills and to introduce the main teaching points in introducing these skills to a beginner or inexperienced player.

- Teaching 'throwing the ball' with good mechanics and fault diagnosis.
- Teaching 'catching the ball' with good mechanics and fault diagnosis.

- Teaching fielding skills including ground ball and fly ball technique in a variety of game contexts.
- Teaching the fundamentals of hitting, including use of the tee and other drills to establish a sound swing and encourage its development.
- Teaching the basics of pitching to include slowpitch, modified pitch, fastpitch and the wind-up and set positions in baseball.
- Teaching the basic skills of base running to include safety and sliding.
- Teaching the basic skills and safety procedures for the catching position in baseball and softball.

#### **Module 4: Rules and game progression in baseball, softball and teeball – practical**

- Basic rules and aims of the game(s).
- Knowledge of the differences in format for baseball, fastpitch and slowpitch.
- Skills and procedures for sacrifice bunting in baseball and fastpitch. Defensive alignment and fundamental tactics common to all formats.
- Responsibilities and priorities of all defensive positions within the game.
- Modifications to the rules and game progression in junior age groups.
- Batting order and game progression.
- Base running procedures in all formats.
- Role of the catcher in all formats.
- Operating safely in game situations.
- Basic responsibilities and procedures in base coaching.

# **Coach Education Summary**

## **Level 2 Baseball Coach Award**

### **Aims**

- To enable coaches to prepare for, deliver and review coaching sessions.
- To introduce the roles and responsibilities of coaches regarding Child Protection, Welfare and Equity.
- To give coaches the skills, knowledge and confidence to work in clubs, leagues and junior sections in a leadership role as an independent coach.
- To give coaches a better understanding of the delivery and development of baseball skills through safe, effective and organised practices.
- To enable coaches to carry out coaching and management roles within a game situation.
- To help develop and provide additional support for baseball programmes.

### **Entry Qualification**

It is intended that a candidate for the Level 2 Baseball Coach Award shall have previously completed the Level 1 Assistant Coach Award or a comparable award in baseball.

### **The Award**

The BSUK **Level 2 Baseball Coach Award** consists of four learning modules. The Level 2 programme will lead to a Level 2 Baseball Coach qualification which may be converted to a Coach Licence. Candidates will be expected to register as a coach on the BSUK website before beginning the course.

The Level 2 Baseball Award is targeted at those wishing to be:

- Lead Coaches in junior and senior baseball clubs.
- Skills instructors in junior and senior baseball clubs.
- Coaches working in the baseball Academy.
- Coaches working independently in schools or other development programmes.

### **The Learning Modules**

There are four modules that make up the award:

1. Good practice and welfare in working with players (junior and senior).
2. Roles and responsibilities of a coach, the legal framework of coaching, principles of practice planning and organisation.
3. The skills of baseball: teaching and developing skills, fault diagnosis and correction.
4. The fundamentals of team management, to include pre-game administration, managing and base coaching.

### **Venue**

The theory modules are best delivered in a classroom / meeting room environment with presentation facilities such as projector, OHP, flip chart etc.

The practical sessions are best delivered in a sports hall or similar. In good weather these modules can be delivered out doors.

## **Course Duration and Structure**

This course will consist of three stages:

1. A teaching component which will involve a minimum of 12 hours covering the above Learning Modules and incorporating a practical assessment.
2. A portfolio-compiling period during which the candidate shall gather together or complete required coursework evidence including:
  - Preparing a short presentation on a coaching topic agreed with the tutor.
  - Preparing a practical skills teaching or coaching activity agreed with the tutor.
  - Gaining a first aid certificate for an approved course.
  - Attending an 'Equity In Your Coaching' workshop and a 'Safeguarding and Protecting Children' workshop.
  - Completing a set of four linked 'session plans' for a team or group to show progression in at least one aspect of the game.
  - Producing a recorded logbook of coaching practice that includes a minimum of six coaching sessions, inclusive of the four linked coaching sessions, to include planning, delivery, evaluation and recorded feedback with action plans.
  - Gaining an enhanced disclosure from the CRB.
3. An assessment component during which the candidate shall:
  - Deliver a short presentation to the group on a prepared topic.
  - Deliver two observed skills-teaching or coaching sessions.
  - Present evidence of CRB, workshops attended and session plans.

Successful completion of the award will be judged by the tutor / assessor based on:

- Full participation in the taught component.
- Observation of the candidate's ability to demonstrate, or use a model to demonstrate, skills in teaching, fault diagnosis and fault correction.
- Observation of a presentation delivered by the candidate.
- Inspection of a coaching log including session plans.
- Inspection of evidence for attendance at workshops and a CRB.

Assessment will be ongoing, formative and aimed at supporting the candidate through the course. The final assessment decision will be one of the following:

- Pass.
- Deferral pending repeat of one or more assessment activities.
- Fail.

## **Resources**

- Powerpoint presentations and handouts.
- Course Guidance Notes.
- Level 2 Manual.
- SCUUK coaching resources.

## **Module 1: Good practice in working with players**

- Effective learning and coaching styles.
- Barriers to participation in sport and equity in coaching.
- Rights of athletes and how these affect the responsibilities of a coach.
- Positive coaching, including the responsibilities of an athlete.
- Introduction to Welfare: Child Protection and responsibilities of volunteers.

- Good practice: guidelines and Codes of Conduct.
- BBF guidelines affecting players and coaches.
- Developing motivation and mental toughness.
- Mental rehearsal and visualisation techniques.

## **Module 2: Roles and responsibilities of a coach**

- Roles and responsibilities of a coach and an assistant coach, legal framework, equity in coaching.
- Game modifications and working with children of different ages and abilities.
- Principles of practice planning, including working with assistant coaches.
- Principles of practice organisation to include safety, the importance of warm-up, stretching and warm-down routines, catch play, group drills, meaningful swing and hitting practice, defensive drills and offensive base running drills and team drills.
- The coach during a game: understanding how coaches and managers operate in a game situation.
- Roles of the umpire: in instructional junior games, ensuring fairness, making judgement decisions, maintaining the rules of the game, responsibilities regarding Child Protection, responsibilities for ensuring safety and relationship with managers and coaches before, during and after the game.
- Role of the scorer as a neutral league official.

## **Module 3: Teaching and developing the skills of baseball plus fault diagnosis and correction**

The following skills will be included to demonstrate correct technique, provide opportunities for candidates to perform the skills and cover the main teaching points in introducing these skills to a beginner, an inexperienced player and a developing player:

- Teaching 'throwing the ball' with good mechanics and fault diagnosis and correction.
- Teaching 'catching the ball' with good mechanics and fault diagnosis and correction.
- Teaching fielding skills related to positional responsibilities in a variety of game situations.
- Teaching the absolutes [What does "absolutes" mean in this context...?] of hitting and bunting, including use of the tee, soft toss and other drills to establish a sound swing and encourage its development. Plus: hitting fault diagnosis and correction.
- Teaching the fundamental mechanics of pitching, including wind-up and set positions. The responsibilities of a pitcher in working with infielders to 'stop the running game'. Dealing with pressure situations as a pitcher. Visualisation and mental rehearsal techniques. Dangers to pitchers from over-use.
- Teaching the skills of base running, including safety in sliding, taking primary and secondary leads, steals and advancing on a sacrifice fly.
- Teaching and coaching skills and safety procedures for catchers, including receiving the pitch, signals, basic catching position, catching position with runners on base, blocking, fielding pop-ups, plays at the plate, throws to bases, footwork.
- Physical conditioning and developing speed and agility.
- Preparation for and rehabilitation after training and / or a game.

## **Module 4: Fundamentals of team management, including pre-game administration, game management and base coaching**

Responsibilities for both a manager and assistant manager in preparing for, administering and managing a baseball game as part of a BBF junior or senior league in the UK will be examined, and good practice outlined through a discussion of these scenarios and situations:

- Equity in team selection.
- Pre-game team preparation: warm-up, batting practice, fielding drills, preparing pitchers.
- Administrative responsibilities in organising and managing games both home and away.
- Principles of team selection and batting order.
- Operating safely in the game situation.
- Responsibilities of and procedures for base coaches.
- Responsibilities of players and coaches towards officials: ie umpires and scorer.
- Etiquette in game situations, including relations with the other team, game officials and spectators.
- Legal responsibilities involved in hosting an event: ie a home game.

# **Coach Education Summary**

## **Level 2 Softball Coach Award**

### **Aims**

- To enable coaches to prepare for, deliver and review coaching sessions.
- To introduce the roles and responsibilities of coaches regarding Child Protection, Welfare and Equity.
- To give coaches the skills, knowledge and confidence to work in clubs, leagues and junior sections in a leadership role as an independent coach.
- To give coaches a better understanding of the delivery and development of softball skills through safe, effective and organised practices.
- To enable coaches to carry out coaching and management roles in game situations.
- To help develop and provide additional support for softball programmes.

### **Entry Qualification**

It is intended that a candidate for the **Level 2 Softball Coach Award** shall have previously completed the Level 1 Assistant Coach Award or a comparable award in softball.

### **The Award**

The BSUK **Level 2 Softball Coach Award** consists of four modules. The Level 2 programme leads to a Level 2 Softball Coach qualification which may be converted to a Coach Licence. Successful candidates will be expected to register as a coach on the BSUK website.

The Level 2 Softball Award is targeted at those wishing to be:

- Lead coaches in junior and senior softball clubs and teams.
- Skills instructors in junior and senior softball clubs and teams.
- Coaches working independently in schools or other development programmes

### **The Learning Modules**

There are four learning modules that make up the award:

1. Good practice and welfare issues in working with players (junior and senior).
2. Roles and responsibilities of a coach, the legal framework of coaching, principles of practice planning and organisation.
3. Teaching and developing the skills of softball plus fault diagnosis and correction.
4. Fundamentals of team management, including pre-game preparation, managing and base coaching.

These can be delivered as separate sessions or combinations of sessions.

### **Venue**

The theory modules are best delivered in a classroom / meeting room environment with presentation facilities such as projector, OHP, flip chart etc.

The practical sessions are best delivered in a sports hall or similar. In good weather these modules can be delivered out doors.

## **Course Duration and Structure**

This course will consist of three stages:

1. A teaching component that will involve a minimum of 12 hours, covering the above Learning Modules and incorporating a practical assessment.
2. A portfolio-compiling period during which the candidate shall gather together or complete required coursework evidence including:
  - Preparing a short presentation on a coaching topic agreed with the tutor.
  - Preparing a practical skills teaching or coaching activity agreed with the tutor.
  - Gaining a first aid certificate for an approved course.
  - Attending an 'Equity In Your Coaching' workshop and a 'Safeguarding and Protecting Children' workshop.
  - Completing a set of four linked 'session plans' for a team or group to show progression in at least one aspect of the game.
  - Producing a recorded logbook of coaching practice that includes a minimum of six coaching sessions, including four linked coaching sessions to include planning, delivery, evaluation and recorded feedback with action plans.
  - Gaining an enhanced disclosure from the CRB.
3. An assessment component during which the candidate shall:
  - Deliver a short presentation to the group on a prepared topic.
  - Deliver two observed skills-teaching or coaching sessions.
  - Present evidence of CRB, workshops attended and session plans.

Successful completion of the award will be judged by the tutor / assessor based on:

- Full participation in the taught component.
- Observation of the candidate's ability to demonstrate, or use a model to demonstrate, skills in teaching, fault diagnosis and fault correction.
- Observation of a presentation delivered by the candidate.
- Inspection of a coaching log, including session plans.
- Inspection of evidence for attendance at workshops and a CRB.

Assessment throughout will be ongoing, formative and aimed at supporting the candidate through the course. The assessment decision will be one of the following:

- Pass.
- Deferral pending repeat of one or more assessment activities.
- Fail.

## **Resources**

- Powerpoint presentations and handouts.
- Course guidance notes.
- Level 2 Manual.
- SCUUK coaching resources.

## **Module 1: Good Practice in Working with Players**

- Effective learning and coaching styles.
- Barriers to participation in sport and equity in coaching.
- Rights of athletes and how these affect the responsibilities of a coach.
- Positive coaching, including the responsibilities of an athlete.
- Introduction to Welfare: Child Protection and responsibilities of volunteers.
- Good practice: guidelines and Codes of Conduct.

- Developing motivation and mental toughness.
- Mental rehearsal and visualisation techniques.

## **Module 2: Roles and responsibilities of a coach**

- Roles and responsibilities of a coach and an assistant coach, legal framework, equity in coaching.
- Game modifications and working with children of different ages and abilities.
- Principles of practice planning, including working with assistant coaches.
- Principles of practice organisation to include safety, the importance of warm-up, stretching and warm-down routines, catch play, group drills, meaningful swing and hitting practice, defensive drills and offensive base running drills and team drills.
- The coach during a game: understanding how coaches and managers operate in a game situation.
- Roles of the umpire: in instructional junior games, ensuring fairness, making judgement decisions, maintaining the rules of the game, responsibilities regarding Child Protection, responsibilities for ensuring safety and relationship with managers and coaches before, during and after the game.
- Role of the scorer as a neutral league official.

## **Module 3: Teaching and developing the skills of softball plus fault diagnosis and correction**

The following skills will be included to demonstrate correct technique, provide opportunities for candidates to perform the skills and cover the main teaching points in introducing these skills to a beginner, an inexperienced player and a developing player:

- Teaching 'throwing the ball' with good mechanics and fault diagnosis and correction.
- Teaching 'catching the ball' with good mechanics and fault diagnosis and correction.
- Teaching fielding skills related to positional responsibilities in a variety of game situations.
- Teaching the 'absolutes' of hitting and bunting, including use of the tee, soft toss and other drills to establish a sound swing and encourage its development. Plus: hitting fault diagnosis and correction.
- Teaching the fundamental mechanics of pitching, including various pitches and methods of delivery. The responsibilities of a pitcher in working with infielders. Dealing with pressure situations as a pitcher. Visualisation and mental rehearsal techniques. Dangers to pitchers from over-use. Teaching the skills of base running, including safety in sliding, steals, advancing on a sacrifice fly and other game situations.
- Teaching and coaching skills and safety procedures for catchers, including receiving the pitch, signals, basic catching position, catching position with runners on base, blocking, fielding pop-ups, plays at the plate, throws to bases, footwork.
- Physical conditioning and developing speed and agility.
- Preparation for and rehabilitation after training and / or a game.

## **Module 4: Fundamentals of team management, including pre-game administration, game management and base coaching**

Responsibilities for a manager, coach and assistant manager in preparing for, administering and managing a softball game as part of a junior or senior league in the UK will be examined, and good practice outlined through a discussion of these scenarios and situations:

- Equity in team selection.

- Pre-game team preparation: warm-up, batting practice, fielding drills, preparing pitchers.
- Administrative responsibilities in organising and managing games both home and away.
- Principles of team selection and batting order.
- Operating safely in the game situation.
- Responsibilities of and procedures for base coaches.
- Responsibilities of players and coaches towards officials: ie umpires and scorer.
- Etiquette in game situations, including relations with the other team, game officials and spectators.
- Legal responsibilities involved in hosting an event: ie a home game.

# **Coach Education Summary**

## **Level 3 Baseball Coach Award**

The **Level 3 Certificate in Baseball Coaching** studies both practical and theoretical aspects of coaching baseball and team management. The UKCC Level 3 Descriptor states: 'Plan, implement, analyse and revise annual coaching programmes'. This award is suited to the Head Coach of a team or programme and coaches responsible for the coaching and management of baseball teams in club and national settings.

### **Objectives**

On successful completion of this Level 3 qualification the coach should be able to:

- Analyse participants' current and potential performance needs and aspirations.
- Plan a coaching programme according to agreed goals.
- Manage a safe and effective coaching environment.
- Advise on the preparation needed for injury prevention and the avoidance of overuse injuries, including rehabilitation and recovery after activity (eg pitchers).
- Deliver a coaching programme using a range of coaching styles and interventions to meet participants' needs.
- Evaluate the effectiveness of coaching programmes and modify future plans as necessary to meet participants' needs.
- Manage and develop personal coaching practice.
- Diagnose common faults in skills and techniques and propose corrective measures.
- Coach baseball techniques and game tactics.
- Demonstrate an understanding of offensive and defensive play in baseball.
- Coach and apply general pitching techniques and strategies.
- Manage a baseball team at league competition level in the UK.

### **Entry Qualification**

It is intended that a candidate for the **Level 3 Baseball Coach Award** must be aged 18 years or over and shall have previously completed the Level 2 Coach Award or a comparable award in baseball or demonstrate sufficient prior experience at this level. This may include extensive experience of coaching at high school, college or professional level in the USA or a similar baseball environment. The candidate must demonstrate evidence of regularly attending recent coach development courses, such as the ISG annual clinic or SCUUK workshops and must have a current commitment to coaching or managing a baseball team or programme. A coach must be able to show that he or she has completed 'Safeguarding & Protecting Children' and Equity training, hold a valid first aid certificate and hold a current advanced disclosure from the CRB. There is no set time scale for the achievement of this award. Fast track procedures must include the full assessment criteria being met.

### **Assessment**

Assessment is competency-based, allowing for continual assessment, support and action planning throughout the process. This will include attendance at national and / or regional Level 3 learning sessions, clinics and specialist SCUUK coaching workshops. Candidates will undergo practical assessment twice in their own coaching environment and show competencies based on the UKCC Level 3 criteria and sports specific criteria within each module. Each candidate will be mentored by a BSUK Coach-in-Residence, Coach Education Tutor, National Development Manager or Academy Head Coach / Director.

As a minimum assessment the coach must:

- Produce an outline plan of a programme of coaching.
- Produce a detailed plan of a discrete cycle or phase (minimum eight weeks) associated with an aspect of the programme.
- Be assessed delivering two coaching sessions.
- Produce a recorded logbook of coaching practice relating to the discrete cycle or phase (see second bullet point). All sessions should be planned, delivered and evaluated with appropriate feedback recorded and action plans produced.

## **Coaching Certification**

**BaseballSoftballUK** offers a series of courses at different levels in Baseball, Slowpitch Softball and Fastpitch Softball.

Upon successful completion of a coaching award, candidates will receive certification for that level. This certification will last for three years. After three years, the certification will expire and coaches will be required to either re-take their current level assessment or upgrade to the next level.

To maintain certification, coaches must register annually as a coach on the BSUK coach database. It is recommended that all active coaches keep a log of coaching activity that can be used to provide evidence of continued coaching and also to retain session planning sheets to aid future session planning and for use in the event of insurance or other claims.

Certificates for delegates successfully completing a qualification will be issued by the BSUK office on confirmation of qualification by the tutor and subject to coach registration.

# **Procedure for Revalidation of Existing Qualifications**

## **Update Requirements**

The revalidation of an existing qualification which has expired or is about to expire will be based on an inspection of a record of coaching (CV) and an assessment of performance in a coaching context. This may result in an extension of qualification for 1 – 3 years. During the transition to the new qualification, extensions will be for one year initially until the appropriate extra evidence is obtained and then for a further two years.

**LEVEL 1:** Submit a CV and undergo assessment or complete Level 2.

**LEVEL 2:** Complete Level 3 or retake Level 2 assessment (revalidation).

**LEVEL 3:** Complete Level 4 or retake Level 3 assessment (revalidation).

**LEVEL 4:** Submission and consideration of a coach development plan and coaching log.

A coach may be required to take top-up courses to bring the qualification in line with the revised standard: eg. a Level 2 revalidation may require attendance at Equity & Child Protection workshops and a first aid certificate and recent CRB disclosure.

The BSUK Coach Education Steering Group, made up of BSUK National Development Managers and a representative from each Federation, will make all decisions regarding awarding revalidated qualifications at Levels 3 and above.

# **Procedure for Retrospective Accreditation**

Retrospective accreditation may be awarded where coaches have previously completed a course or courses or have proven experience equal to or higher than the level to which accreditation is sought. Retrospective accreditation can only be used for Levels 1-3. In the case of an experienced coach from abroad such as an envoy or import coach, the coach will be required to submit a CV for inspection, provide referees and documentation of level of performance from a recent employment or activity including a coaching log and undergo a field assessment after which a Level 2 Baseball or Level 2 Softball qualification may be awarded. In cases where the coach has been operating at a high level, a Level 3 qualification may be awarded subject to appropriate documentation being provided.

The BSUK Coach Education Group, made up of BSUK National Development Managers and a representative from each federation, will make all decisions regarding the awarding of retrospective accreditation.

## **Guidelines for Retrospective Accreditation**

1. All candidates must be registered as a coach with **BaseballSoftballUK**.
2. The onus is on candidates to provide evidence of qualifications/experience.
3. Candidates may be required to provide references for prior experience.
4. Candidates may be required to undergo a practical assessment.
5. Candidates may be required to take relevant top-up courses: eg Child Protection.
6. Candidates must obtain CRB clearance before accreditation.
7. All applications must be approved by the BSUK Coach Education Group.

## **Notes**