

Elite Coach Programme

British Handball and Edinburgh Napier University have developed a Handball Elite Coach Programme.

The distance-learning programme allows coaches to construct a personal-development plan based on their needs and their role, or desired role.

What does the Programme look like?

A two-day workshop allows the coach to carry out a thorough analysis of their strengths and weaknesses using:

- 360 degree reflection
- shadowing
- academic sources
- communication with athletes
- needs of the NGB.

Using this analysis the coach can critically consider the impact of their current coaching - and identify priority areas for development. Once the priority of areas are identified the coach and University staff member will work together to set the appropriate modules of study, based on one of the following topic areas:

1. Providing relevant technical instruction on advanced skills in a training and competition environment. This includes:
 - a. Performance analysis (technique)
 - b. Notational analysis Training environment (skill acquisition)
 - c. Mental skills, resilience, behaviours and decision making.
2. Providing relevant instruction on advanced systems and tactics in a training and competition environment. This includes:
 - a. Notational analysis Talent ID and Development (selection processes and limitations)
 - b. Expert coaching (handball specific)
 - c. Game management (learning how to win)
3. Using and understanding applied evidence based coaching techniques and sports science theory, and when to apply it. This includes:
 - a. Applied sport science within coaching
 - b. Sport psychology
 - c. Nutrition Training theory
 - d. Strength and conditioning
 - e. Physiology/training workload/physiological assessment
4. Understanding long-term programme development and leadership characteristics. This includes
 - a. Leadership
 - b. strategic management and funding Long term athlete development Player welfare Reflective practice/coach development

Student-led learning

Each coach is able to choose the learning methods that suit them best. They will have access to university resources including, staff, research papers, e-books and other resources.

The University provides academic support to the coaches via their Virtual Learning Environment, Moodle, and/or email.

There are agreed 'touch points' throughout the period where the academic support asks for mini progress reports and offers feedback to the coaches. The use of task-driven learning and/or directed learning encourages continued development of the coaches and is aligned to the initial reflective exercise carried out in September.

One-day workshop

Coaches present their progress to their tutor and each other at a one-day workshop in January. This allows the coach to benefit from peer support and other's learning to check and challenge their progress.

European clubs visit

Coaches travel to Europe in May/June to learn from coaching practices at continental clubs.

Costs

The subsidised programme costs £700 per coach.