

Croquet Australia Community Coaching

Croquet Australia is excited to introduce the updated Community Coaching course developed by the Australian Sports Commission. This marks a major advancement in our efforts to improve coaching quality in our sport.

All coaches are now required to complete the Community Coaching - Essential Skills course.

This modernised approach ensures that our coaches have the latest techniques and knowledge supporting their development, education and training no matter their age, ability or experience.

We are committed to providing engaging and comprehensive coach education for both new and current coaches, emphasising the importance of professional development. This ensures that our coaches can offer the best guidance to our players.

Thank you to all our coaches for their ongoing support and dedication. Your efforts are crucial to the growth and success of croquet in Australia.



SPORT AUSTRALIA POSITION STATEMENT ON COMMUNITY COACHING

SPORTAUS

Sport Australia is committed to making Australia stronger through sport. We want more Australians to be involved in sport and experience the social, mental and physical health benefits sport brings.

To achieve this, Sport Australia is leading a modernised approach to community coaching. Developed in collaboration with the sport sector, the new approach focuses on the participant, their individual needs, aspirations and motivations. It is about educating and empowering coaches to create positive sporting environments where participants, coaches, volunteers and communities can thrive.

Sport Australia is committed to delivering engaging coach education to new and existing coaches, giving them the confidence and resources they need to deliver safe, inclusive and enjoyable sporting experiences for all participants.

We will support and enable national sporting organisations to identify and train a talented community coaching workforce to deliver sporting experiences that attract and retain more participants, who make sport part of their daily lives.

By embedding a modern approach to coaching and providing the right training, coaches will be well-equipped to provide optimal sport environments which nurture belonging and inclusion, create positive sporting experiences and intrinsically motivate more Australians to participate in organised sport.

Together we can transform the sporting experience for all Australians.

SportAUS.gov.au/coaching



MODERN COACHING APPROACH

SPORTAUS

SHAPING THE FUTURE OF COMMUNITY SPORT IN AUSTRALIA

State of play

Participation and physical activity rates have declined significantly with one in two children and 81% of adults not sufficiently active for health benefits. Australia currently ranks 140 out of 146 countries in terms of how physically active our teenagers are.¹

The sporting landscape has changed drastically over the last three decades with a sharp rise in diverse talent new formats, technologies and participant expectations, but our coaching methods have largely stayed the same.

The need for change is clear!

Evolution

Sport Australia is leading a modernised approach that will transform the sporting experience and encourage more people to play, coach and enjoy sport. Developed in collaboration with the sport sector, the new approach focuses on the participant and their individual needs, aspirations and motivations. It is about educating and empowering coaches to create positive sporting environments where participants, coaches, volunteers and communities can thrive.



Rather than focusing only on skill development, winning and moving up through accreditation levels, the new approach involves ongoing learning and development for coaches, enabling them to continually improve their coaching skills for the benefit of participants, whether they are learning to play, playing socially or playing at a competitive level.

OLD APPROACH	NEW APPROACH
Coach centred	Participant centred
Competitive, outcome-focused	Fun, safe, inclusive, flexible, social and appropriately challenging
One-size-fits-all	Adaptable coaching to meet the needs of participants
Skills-based	Holistic approach that develops participants' physical, social, psychological and cognitive skills along with sport-specific skills
Compliance	Develop competencies to deliver an optimal experience for participants
Commanding coaching style	Open, inquisitive, collaborative coaching style
Formal learning	Bespoke, blended, ongoing learning
Decreasing coach recruitment and retention	Increased recruitment and retention of coaches who enjoy what they do
Participant numbers dropping	Participants increasingly motivated to join and stay in sport

1. Challenges in global surveillance of physical activity, The Lancet Child & Adolescent Health, Volume 4, Issue 1, January 2020, Pages 2-3

Benefits



For participants

- > Positive sporting experiences
- > Achieve personal goals
- > Sense of belonging
- > Motivated to be involved in sport.



For coaches

- > Ongoing learning through bespoke education and training
- > Personal and professional development
- > Understand current coaching environments
- > Motivated to coach and inspire.



For sporting organisations

- > Attract new participants and fans
- > Increase recruitment and retention of coaches
- > Improve culture and reduce risk
- > Increase diversity and revenue.

Support for sport

Sport Australia is developing a suite of resources, advisory services and blended learning opportunities, including free online courses to support sports and coaches as they embrace the Modern Coaching Approach.

National Sporting Organisations are encouraged to contact the Sport Australia Coaching Team at coaching@ausport.gov.au to learn more about the support available to help embed the new approach and develop plans to boost coach education, recruitment and retention.



WATCH THIS **SHORT VIDEO** TO SEE
THE MODERN APPROACH IN ACTION

SportAUS.gov.au/coaching





Community Coaching - Essential Skills EXPERIENCED COACHES

Experienced coaches will greatly benefit from the [Community Coaching - Essential Skills](#) course for several reasons.

Continuous Professional Development:

- **Staying Updated:** The field of coaching is constantly evolving with new techniques, strategies, and research findings. The course provides experienced coaches with the latest knowledge and best practices, ensuring they remain current and effective in their coaching methods.
- **Advanced Techniques:** Even seasoned coaches can learn new, advanced techniques and refine their existing skills, helping them to improve their coaching efficacy and effectiveness.

Enhanced Leadership and Communication Skills:

- **Effective Communication:** The course emphasizes advanced communication strategies, which can help experienced coaches improve their interactions with players, parents, and other stakeholders. This can lead to better understanding, trust, and collaboration within the team.
- **Leadership Development:** By focusing on leadership skills, the course helps experienced coaches to better mentor and inspire their players, fostering a positive and motivating environment for everyone involved.

Building a Positive and Inclusive Sports Culture:

- **Inclusivity and Safety:** The course highlights the importance of creating a safe and inclusive environment. Experienced coaches can learn new ways to ensure that all players, regardless of their background or skill level, feel valued and supported.
- **Positive Influence:** By adopting the latest practices in inclusivity and safety, experienced coaches can set a higher standard within their community, positively influencing the sports culture and promoting a more inclusive and supportive atmosphere for all participants.

The Community Coaching- Essential Skills course is a valuable tool for experienced coaches looking to enhance their skills, stay updated with the latest coaching practices, and foster a positive and inclusive environment for their players.

The Australian Sports Commission also offers 'Coaching Masterclasses' which are aimed at those coaches with more experience within the community sport environment.

[Community Coaching Masterclasses | Australian Sports Commission \(ausport.gov.au\)](#)

Further information regarding the modern approach to coaching:

- [A new approach to coaching in Australia \(youtube.com\)](#)
- [Webinars | Australian Sports Commission \(ausport.gov.au\)](#)



Community Coaching - Essential Skills NOVICE COACHES

Novice coaches will greatly benefit from the [Community Coaching - Essential Skills](#) course for several reasons.

Foundation of Coaching Knowledge:

- The course provides a comprehensive introduction to the basics of coaching. This foundational knowledge is crucial for novice coaches to build their coaching careers on solid ground.

Improved Player Development:

- Novice coaches learn how to support the physical, mental, and emotional development of their players. Understanding these aspects helps in creating training programs that cater to the diverse needs of all players, promoting their overall growth and performance.

Effective Communication Skills:

- The course emphasises the importance of effective communication with players, parents, and other stakeholders. For novice coaches, learning how to communicate clearly and positively can help build strong relationships and foster a supportive team environment.

Safety and Inclusivity:

- Ensuring the safety and inclusivity of all participants is a key focus of the course. Novice coaches are taught how to create a safe, welcoming, and inclusive environment for all players, which is essential for fostering a positive sports experience.

Confidence and Competence:

- By acquiring essential coaching skills and knowledge, novice coaches gain the confidence and competence needed to lead their teams effectively. This confidence helps them handle the challenges of coaching and provides a strong foundation for future development and success.

Taking the Community Coaching - Essential Skills course equips novice coaches with the necessary tools and confidence to start their coaching journey on the right foot, ensuring a positive impact on their players and the community.

Further information regarding the modern approach to coaching:

- [A new approach to coaching in Australia \(youtube.com\)](#)
- [Webinars | Australian Sports Commission \(ausport.gov.au\)](#)



Community Coaching – Essential Skills FREQUENTLY ASKED QUESTIONS

1. **What is the Community Coaching - Essential Skills course?**
 - The Community Coaching - Essential Skills course is designed to provide coaches with fundamental skills and knowledge to coach and support community sports teams and individual players effectively.
2. **What is the aim of the course?**
 - The course has a focus on the HOW to coach which is typically similar across every sport, as the aim is always to create a coaching environment that is specific to what the participant needs and is motivated by, rather than the sport-specific skills.
3. **Who should take this course?**
 - This course is for new and experienced coaches to enhance their coaching skills, including volunteers, teachers, and parents involved in community sports.
4. **What are the main benefits of taking this course?**
 - Benefits include improved coaching techniques, a better understanding of player development, enhanced communication skills, and the ability to create a positive and inclusive sports environment.
5. **Do I have to complete the course in one sitting?**
 - No, you can enter and exit the course.
6. **How long does the course take to complete?**
 - Up to three (3) hours
7. **How does the course help in understanding player development?**
 - The course covers key aspects of physical, mental, and emotional development in players, providing coaches with tools to support players at various stages of their growth.
8. **Will this course improve my ability to communicate with players and their parents?**
 - Yes, the course emphasises effective communication strategies, helping coaches to better engage with players, their parents, and other stakeholders.
9. **Is there a focus on creating a safe and inclusive environment in the course?**
 - Absolutely, the course includes modules on safety, inclusivity, and creating a positive atmosphere where all players feel welcome and supported.
10. **How does this course impact my coaching credentials?**
 - Completing the Community Coaching - Essential Skills course can enhance your coaching credentials, making you more qualified and recognized in the community sports field.
11. **What are some of the key skills taught in the course?**
 - Key skills include goal setting, effective practice planning, motivation techniques, conflict resolution, and fostering teamwork and sportsmanship.
12. **Is the course recognised by sports organisations?**
 - Yes, many sports organisations recognise and value the Community Coaching - Essential Skills course as a mark of a well-trained and competent coach.
13. **How can this course help me handle challenges in coaching?**
 - The course equips coaches with problem-solving techniques and strategies to handle common challenges such as managing diverse teams, dealing with performance pressure, and maintaining player motivation.

Taking the Community Coaching - Essential Skills course not only enhances your personal coaching abilities but also positively impacts the players you coach and the broader community.