

CNZ Coaching for Coaches

Croquet NZ has recently updated its Coaching Policy and Coaching for Coaches programmes. The first edition of the CNZ Level 1 AC and GC Coaching programme has been released and workshops for those wanting to learn about coaching have been held by request around the country.

The CNZ Coaching programme has adopted the principles of the Sport NZ *CoachApproach* to coaching. NZ *CoachApproach* describes a way of coaching that encourages coaches to increase the awareness and responsibility of players by presenting 'Why' before 'How' through meaningful games and asking questions as opposed to giving instructions. It is founded in the belief that people are best at finding their own way and that this will lead to higher levels of performance.

Why?

It has become clear that the method of instructing (i.e. telling an athlete what to do) is not the most effective way of supporting athlete learning and development. Coaches often report that they have to tell athletes over and over again the same things, and then under pressure of competition players go back to their old habits. Coaching sessions are frequently focused primarily on the knowledge the coach has. This way of coaching can stifle the athletes' own potential, thinking, decision making and creativity and limit these to the extent of the imagination and experience of the coach.

While an instructional approach may have seemed reasonable in the past, the limitations of an instructional approach are especially prevalent when it comes to new young players coming into the sport. As a coach, would you have commenced an instructional programme that advises the young player to achieve a Bronze Merit Award in the first season? –A break of 10 using bisques. Is that unreasonable? Does that put too much 'pressure' on a person learning a game? What then do you do when that young player picks up a mallet and completes the task in the first session and immediately appears to be a better player than other club members that have been receiving 'instruction' for years? – It happens, more often as the secondary schools programme gains momentum. Have you felt a time when you have made a significant discovery about your own playing technique or experienced a 'tactical revelation' of some sort in a game? Have those experiences stayed with you and improved your ability and enjoyment of the game? Most of us can probably recall a few of those instances that have meant much more to us than something we were told about at some point in time.

The coaching techniques of the CNZ Coaching Programme aim to break down those barriers to learning and to support a player's own experiences in the game. At times I have heard people describe croquet as an art form of sorts and those that have experienced the completion of a goal, a significant break or a triple peel will appreciate that description. The more we can encourage and support an environment of personal discoveries within the game, the more enjoyable a player's experiences will be. These experiences will have a significant influence for a new player deciding on their future in the sport. If it's healthy growing clubs that we want, then the *CoachApproach* philosophies of the CNZ Coaching Programme become a significant contributor.

CNZ Level 1 Coaching for Coaches workshops are delivered at the request of any Association. Workshop host requirements and the CNZ Level 1 coach qualification criteria are set out on the following pages.

LEVEL 1 Workshop Host:

Hosting requirements:

A croquet venue with clubhouse facilities.

Power supply inside only.

Approximately, enough lawns to accommodate two workshop participants and their coaching session on day 2. Interment lawn use otherwise. (It is possible to accommodate more players per lawn if required)

Access from 9am to 4.30pm

Light refreshments. A fee can be charged to participants if required.

A coordinator to assist with preparations.

LEVEL 1 AC & GC COACH QUALIFICATION

CNZ Coaching Coaches Workshops are suited to those wanting to develop as GC and/or AC coaches. The factor that determines which code you qualify for is the content of your prepared and delivered coaching plans.

There is no deadline for qualification after completing the workshops however it is recommended that an assessment should take place within two seasons. Most like to take a season or so to work on their coaching skills and to deliver the required coaching sessions.

The total cost per participant is \$65.00 including GST. This includes a level 1 Coaches folder with workshop material and coaching information and a Coaches Toolkit of TGfU examples. Visits for observations and assessments through to qualification, access to the Coaches Dropbox for updates and coaching articles are also included, subsidised by CNZ.

A Coaches Folder will be sent to all registered participants prior to the 1st workshop for familiarity and some pre-workshop preparation (coordinator name, email and preferably a mobile number is required).

Qualifiers will have their CNZ Database credited with a Coaching Qualification and receive a CNZ Coach badge according to the code and level attained.

WORKSHOP 1 What is Coaching?	WORKSHOP 2 TGfU	WORKSHOP 3 Skills learning	WORKSHOP 4 Design & Deliver
Delivered by Coach Tutors, RST's or other CNZ approved facilitators			
<ul style="list-style-type: none"> • Coach Foundation Stones • Coach philosophies 	<ul style="list-style-type: none"> • Teaching Games for Understanding 	<ul style="list-style-type: none"> • Coaching opportunities • Developing skills 	<ul style="list-style-type: none"> • Prepare a deliver a coaching session • Reflections

SPORT –SPECIFIC SESSIONS Technical and tactical	
Delivered by Coach Tutors or other CNZ approved personnel	
Association Croquet Level 1	<ul style="list-style-type: none"> • Comprehend, describe and demonstrate the technical and tactical content of the Level 1 Coaches Toolkit and/or • Capable of playing 2 consecutive 4 ball pivot ball breaks comprising 24 hoops and peg out using bisques equal to their handicap (or less) from any starting position • Evidence of participation in competition at Association level or above.
Golf Croquet Level 1	<ul style="list-style-type: none"> • Evidence of a GC Handicap of 8 or less, based on singles play merit • Comprehend, describe and demonstrate the technical and tactical content of the Level 1 Coaches Toolkit • Evidence of participation in competition at Association level or above.

THE COACHING EXPERIENCE	
Overseen by a Coach Tutor or CNZ approved Mentor	
<ul style="list-style-type: none"> • Association Croquet Level 1 • Golf Croquet Level 1 	<ul style="list-style-type: none"> • Trainees produce 6 written session plans suitable for beginners or for the players they intend to coach as part of the practical requirements listed below. At least 4 of these sessions must be delivered and reflections carried out as outlined in the Level 1 <i>Coaches Journal</i>. • 10 hours of face-to-face coaching of players at a beginner or high bisque level (AC above 16 / GC above 8) and produce a log book detailing this. A minimum of 2 sessions must be delivered to a group of at least 4 players. • Using a set format, the Tutor or other CNZ appointed assessor undertakes an assessment of the practical coaching skills of the trainee. A 1-hour coaching session prepared and delivered by the trainee to a group of at least two players will be observed and reviewed by the assessor.