

<b><u>Award</u></b>	<b><u>BJA Volunteer Coaching Award</u></b>
<b>Age requirements</b>	14 years +
<b>Time requirements</b>	10 hours
<b>Course Description</b>	<p>The BJA coaching award can be used as a SLUK Level 2 Award in Community Sports Leadership bolt on course, but can also be used by clubs, schools, and youth organisations as a stand-alone course.</p> <p>The key aim of the course is to introduce candidates to the world of judo, improving self-esteem, confidence, organisation and communication skills, and to assist coaches with local clubs in the delivery of judo coaching sessions.</p> <p>The content of the course is as follows:</p> <ul style="list-style-type: none"> <li>• Technical Delivery/Design – Attend a number of judo sessions agreed with your local coach normally <math>\frac{3}{4}</math> sessions. Plan a detailed lesson Plan with the assistance of your local coach. The plan must include the following criteria: <ul style="list-style-type: none"> <li>- Warm Up</li> <li>- Fun Games</li> <li>- Stretching exercises</li> <li>- 1x written explanation on the following</li> <li>- 1x Understanding the meaning of words used in judo regularly such as <ul style="list-style-type: none"> <li>Rei</li> <li>Hajime</li> <li>Matte</li> </ul> </li> <li>- Explanation of Tai-Otoshi throw</li> <li>- Explanation of a break fall which are called Ukemi</li> <li>- Explanation of a hold called Mune-Gatame</li> <li>- Demonstrate how to tie a judo belt</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Cool Down Exercises</li> <li>- Summary of Lesson</li> </ul>
<b>Delivery Requirements (i.e. who can deliver the course and what qualifications/training do they need?)</b>	Clubs will need to register on the official BJA Registration Form before commencement of this course. If your club is interested in delivering this award it may be best to identify your lead coach in the club to deliver the contents of this course.
<b>Resources produced/required for delivery</b>	Resource packs are used has course support material
<b>What does the young person obtain?</b>	The young person will be awarded a certificate on completion of the course. Candidates will also receive information regarding structured opportunities and Coaching pathways for future development .
<b>What is the most appropriate next step in terms of obtaining further awards?</b>	If a candidate is interested in pursuing further qualifications within judo, the next step would be either to join your local judo club or why not consider doing a CSLA, JSLA, Event Organisation Course, or a Junior Officiating Course

<b>Does the award have to be renewed after a certain period?</b>	No
<b>Cost details</b>	Nil
<b>Contact</b>	Email: <a href="mailto:simonbuttery@britishjudo.org.uk">simonbuttery@britishjudo.org.uk</a>

