



## Coaches can now learn online!

The Australian Sports Commission has released a new online course for beginner coaches. The *Beginning Coaching General Principles* online course has been developed to assist coaches improve their basic coaching skills, in particular, those coaches working with children.

Thanks to a subsidy from the Australian Sports Commission the online course has initially been launched free of charge to Australian coaches (coaches must have an Australian postal address).

A major benefit of the online course is that coaches can complete it in their own time, from the comfort of their home. To quote one coach who undertook the course:

*"This has been great for me as I have been trying to do a coaching course for a long time and time is never on my side. I have four children and I coach a number of teams so it was great to be able to do it at home in my own time"*

### About the course

The course contains five modules which cover a range of general coaching topics including the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management and inclusive coaching practices when working with people with a disability or special population groups.



The course takes approximately six hours to complete, and there is assessment included at the end of each module. Coaches have six months to complete the course after they register.

### Becoming an accredited coach

The *Beginning Coaching General Principles* course can provide the first step towards accreditation. Your national or state sporting organisation can provide more information on the sport specific requirements to achieve coach accreditation. The online course is also able to be used as part of the training for coaches within the Active After-school Communities program.



### How to access the course

The *Beginning Coaching General Principles* course is available from the Australian Sports Commission's new online learning portal. For more information on the course and to enrol, visit the website below:

<https://learning.usport.gov.au>