



Skill: Coach

Learning Outcomes

To successfully undertake the role of skills coach you will be able to:

- coach selected skills to a small group of gymnasts under the supervision of your teacher
- communicate clearly and effectively when providing instruction and demonstrating to your group 
- recognise the importance of rules and safety procedures and apply them consistently
- evaluate the execution of these skills and suggest amendments to improve the impact of their work 
- create and present a range of information and ideas to meet the intended purpose and audience; selecting and using different layouts and techniques for different tasks, creating resources to support your role, including skills cards, video clips, etc. and analysing digital footage.



Resources to support you

- Module 1, 2, 3 and 4 PESS Gymnastic Activities CD-ROMs
- PESS Health, Fitness and Well-Being (Secondary) CD-ROM
- Welsh Gymnastics – A–Z Award Scheme Coach (www.welshgymnastics.org)
- British Gymnastics (www.british-gymnastics.org)
- Sports Leaders UK – Leadership Awards (www.sportsleaders.org)
- Internet

