

Level 2 Swimming Coach Course Overview

Pre-Course - ONLINE (12-16 hours)

- Completion of the STEP Online Modules Level 2 Swimming Coach

Virtual Classroom (18 hours)

- Swim Ireland Tutor delivery through Go To Training – Virtual Classroom platform

	Duration	Content
Module 1	3 hours	Introduction, Physical Literacy, Scientific Principles, Skill / Stroke Analysis, Front Crawl
Module 2	3 hours	Back Crawl, Session Planning, Responsibilities of a Coach & legal considerations, Principles of Training
Module 3	3 hours	Coaching FC & BC, Pillars of Coaching, BS, Communication, LTAD
Module 4	3 hours	Butterfly, Planning, Training Intensities, Turns.
Module 5	3 hours	Coaching BS & BF, Nutrition & Hydration, Land Based Training, Monitoring Swimmers, FINA Rules
Module 6	3 hours	Competition Management, Motivation, Starts & Finishes, Injury Management, Behaviour / Time/ Organisation Management.

Practical (12 hours)

	Duration	Content
Module 7	2 hours	Virtual Classroom: Session Planning and Practical briefing and preparation
	8 hours	Practical: Swimming Sessions (Practical sessions delivered across available club sessions – up to a maximum of 4 hours per day) Coaching and managing coaching sessions through a variety of methods, development of skill and stroke technique by utilising motivational techniques and demonstration of effective

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		communication skills, customer service and evaluation of own performance
	2 hours	Practical: Additional Practical eg Micro-coaching, Skill/Stroke Analysis (2 x 1 hour blocks delivered as per club timetable)

Practical (8 hours)

	Duration	Content
Module 8	5 hours	Practical: Coaching Sessions in Club environment Session Planning should evidence progression across the 5 x 1 hour sessions with the same squad/group of swimmers
	1 hour	Practical: Coaching Session in Club environment Delivery of Session Plan This must be recorded on video and uploaded to STEP <ul style="list-style-type: none"> • 15 minutes RMAP Delivery • 30 minutes Main Set Delivery • 15 minutes Skill Development Delivery
	2 hours	Virtual Classroom: Tutor 1-2-1 Feedback