

FISA Coaching Framework

Coaching Courses – Coaches Roles

Level	Coaching Roles
Level 1 - Beginner Coach	<p>Plans, delivers and reviews basic coaching sessions (both in training and in competition) from a previously defined programme of activity and can adapt this for the individual rower.</p> <p>Basic Level of knowledge, competence and decision making to deliver the primary functions of coaching.</p> <p>Able to operate independently.</p> <p>Supports the engagement of pre-coaches</p>
Level 2 - Intermediate Coach	<p>Plans, delivers and reviews coaching sessions over a season, and sometimes part of a wider programme.</p> <p>Extended level of knowledge, competence and decision making.</p> <p>Supports the engagement and development of pre-coaches and coaching assistants.</p>
Level 3 – Advanced/Senior Coach	<p>Plans, delivers, leads and evaluates coaching sessions and seasons.</p> <p>Extended and integrated knowledge, competence and decision making to deliver the primary functions and to mentor others.</p> <p>Works independently and plays a leading role in the structure of the programme.</p>
Level 4 – Master/Head Coach	<p>Oversees and contributes to the delivery, review and evaluation of programmes over seasons in medium –to large-scale contexts, underpinned by innovation and research.</p> <p>Specialist and integrated level of knowledge and competence, recognised as an expert with highly developed decision-making skills.</p> <p>Often involved in designing and overseeing management structures and development programmes for other coaches.</p>