

Talent Coach Course Design

Using the [ALA Participation Framework](#) the Talent Coach Course has been designed to provide education across 3 major areas: The Athlete, The Coach & The Environment. Each major area has then been broken down into further categories to provide a more in-depth overview of what coaches will learn from the course. These can be viewed on the next page.

Finally, the face to face course will cover 9 modules relating to all 3 major coaching areas mentioned above:

- Module 1 - Essence of Coaching
- Module 2 - Effective Communication and Coaching Practice
- Module 3 - Skill Acquisition and Development
- Module 4 - Skill Acquisition in Lacrosse
- Module 5 - Physical Fitness & Preparation for Lacrosse
- Module 6 - Mental Skills for improved performance
- Module 7 - Developing a Style of Play, Game plan and tactics
- Module 8 - Structure and Systems of Play
- Module 9 – Planning & Establishing a Coach Program

To see full outline please [click here](#).

The ALA Participation Framework Talent Phase overview:



Programs & Events involving the Talent Phase

State League competition	ALA U18 / Senior National Champs	ALA U18 / Senior National Champs	FIL World Championships
State event / tournament	Southern Crosse Tournament	High Performance Program - Squads - State based trainings and camps./	College Lacrosse
U15 ALA Tournament		ASPAC Tournament	Maverick Challenge
		JLA Friendship Games	

Major Area of Coaching:

The Athlete

Physical

Coach designs training program for the particular goals of athletes. Specific conditioning programs are designed for individuals' and are monitored with the athlete. Basic nutrition & recovery principles are applied in preparing and performing at training and competition.

Technical

Coach focus on fine alterations of athletes' technique to allow athlete to perform at the higher levels. Athletes have the ability to perform skill under high pressure and in open environments.

Tactical

Coach educates athletes' on team offensive and defensive structures and game plan. Coach develops athletes' ability to read and analyse opponents and then to reflect on own personal strengths and abilities before & during competition to help performance and gain success.

Mental

Coach will act has a mentor and will introduce and apply basic psychology into their program to help athletes recognise strategies to help with their performance, set backs and remain focused on goals to follow the High Performance pathway.

The Coach

Program Management

The coach involves athletes' in the planning process. Plans for long term development: whole season plans & Short term goals. Coach tailors session plans for individuals & provides clear individual goals throughout the plan. Coach is also capable of identifying and recruiting support personnel, after self review process, that complements and contrasts their skill sets.

Self Awareness

Coach understands their strengths and weakness and has the ability to identify and/or recruit support to deliver their coaching program and goals. Coach can also identify where to go to further educate themselves and engages with a mentor for further develop.

Coaching Practise

Coach delivers a high intensity squad training while providing teachings & feedback to individuals relating to athletes' goals and needs. Coach enhances development via breaking down teaching (concept or skill) into logical or sequential segments. Coach challenges athletes within training via modification, real life scenarios & questioning to develop performance.

Communication

Coach effectively communicates to entire network within the program via appropriate and various methods, including electronic (email, apps, social media). Coach employs open two way communication and either asks, prompts or encourage input from athletes and network.

The Environment

Training Environment

Coach utilises Athlete Centre approach. Provides a high intense, competitive environment and obtains the ability to modify and adapt environment with athlete input. Training purpose is very clear and documented.

Group Management

Coach utilises small groups to achieve specific goals and to create and develop synergy within strings/units. Coach may also use small groups or partners as a toll to establish role modelling or mentor relationships between players to help further develop athletes along their career.

Cultural Environment

Coach establishes team culture surrounding the processes of commitment and preparation to perform and develop. Coach must empower players to be committed and focussed on team and individual goals. Coaches will work with players to balance competing workloads to achieve goals.

