

1st4sport Level 1 Award in Coaching Hockey (QCF)



Overview

The 1st4sport Level 1 Award in Coaching Hockey (QCF) is awarded by 1st4sport Qualifications and has been developed in partnership with the Hockey Coaching Implementation Group. Group members include England Hockey Board, Welsh Hockey Union and Scottish Hockey.

The 1st4sport Level 1 Award in Coaching Hockey (QCF) is regulated at Level 1 on the Qualifications and Credit Framework (QCF) and forms part of hockey's UK Coaching Certificate (UKCC) endorsed coach education programme. For further information on the regulated status of the 1st4sport Level 1 Award in Coaching Hockey (QCF), please log on to [The Register of Regulated Qualifications website](#).

For further information on the UKCC, visit the [sports coach UK website](#).

Criteria

If you are over 16 years of age and have an active interest in hockey, then the 1st4sport Level 1 Award in Coaching Hockey (QCF) is designed for you.

Why Study?

It forms part of a structured and progressive programme of sports coaching and other related qualifications, offering you access and involvement in introducing others to the sport of hockey.

What can I use it for?

- To gain paid or unpaid employment as an assistant hockey coach.
- As part of the development of a credible CV for employment in the active leisure, learning and well-being industry.
- As a progression to the 1st4sport Level 2 Certificate in Coaching Hockey (QCF).

Outline

On successful completion of the 1st4sport Level 1 Award in Coaching Hockey (QCF), you should be able to:

- understand the fundamentals of coaching sport
- understand the principles of planning coaching activities in sport
- understand the principles of conducting coaching activities in sport
- understand the principles of evaluating coaching activities in sport
- plan hockey coaching activities
- conduct hockey coaching activities
- evaluate hockey coaching activities.

How will my learning programme be structured?

Learning programmes are usually designed by the recognised centre that delivers the qualification. They may, therefore, vary in length and format. Depending on your needs, recognised centres can offer intensive courses or a series of learning events, over a period of weeks. Whatever the timescales, all learning programmes should include the following phases:

- An induction to the qualification and your programme of learning and assessment
- A learning programme that meets your needs, focusing on the theory and practice of coaching hockey
- A programme of assessment, spread throughout the course, including observations of your coaching by an appropriately qualified assessor.

At the end of the programme, you will be provided with formal feedback on your performance and an action plan for your further development.

Assessment

The 1st4sport Level 1 Award in Coaching Hockey (QCF) assessment will require you to:

- complete health and safety checks for each venue used for coaching
- gather player information to support effective planning
- plan two hockey activities
- complete a series of underpinning theory questions relating to:
 - coaching practice
 - player development

- technical skills, tactical knowledge and laws of the game
- safeguarding and protecting children and vulnerable adults
- be observed coaching a hockey activity within a session.

Fees

Recognised centres offering this qualification determine their own fees and they will vary from centre to centre. The fees charged should entitle you to a programme of learning and assessment, registration and certification for the qualification, a 1st4sport Learner Pack and an appropriate learning resource. For further information on the costs of courses, please contact a recognised centre. Opportunities for funding may be available via a recognised centre, if you are eligible.

Next Steps

The qualification is delivered by 1st4sport recognised centres, not all of which offer open courses to members of the public. Your first port of call to access a course should be the appropriate governing body of sport:

England Hockey Board

Post: Bisham Abbey National Sports Centre
Near Marlow
Buckinghamshire SL7 1RR
Tel: 01628-897 500
Email: info@englandhockey.org
Website: www.englandhockey.org

Welsh Hockey Union

Post: Sport Wales National Centre
Sophia Close
Cardiff
CF11 9SW
Tel: 029-2078 0730
Fax: 029-2078 0738
Email: info@welsh-hockey.co.uk
Website: www.welsh-hockey.co.uk

Scottish Hockey

Post: 589 Lanark Road
Edinburgh EH14 5DA
Tel: 0131-453 9070
Fax: 0131-453 9079
Email: info@scottish-hockey.org.uk
Website: www.scottish-hockey.org.uk

Other 1st4sport Qualifications you may be interested in:

- [1st4sport Level 2 Certificate in Coaching Hockey \(OCF\)](#)
- [1st4sport Level 2 Award in the Principles of Coaching Sport \(OCF\)](#)
- [1st4sport Level 1 Award in Coaching Strength and Conditioning for Sport \(OCF\)](#)

In partnership with:



Hockey Coaching UK

Endorsed by:



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