

1st4sport Level 3 Certificate in Coaching Hockey



Facts and Figures

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| Qualification Accreditation Number | 100/5822/9 |
| Pathway Unit Number | J/103/772 |
| Learning Hours (Guided) | 277 (54) |
| SFA/LAD Funding Code | 100/5822/9 |
| Entry Age | 18+ |
| Qualification Accreditation Start Date | 01/12/05 |
| Qualification Accreditation End Date | 31/12/10 |
| Certification End Date | 31/12/13 |
| Qualification Structure | See the units of this qualification |
| Supporting Materials | See the supporting materials |

[Find out how to apply to deliver this qualification.](#)

There are no costs involved in applying or becoming a 1st4sport recognised centre.

Hockey is a popular sport with the number of clubs, teams and people participating, particularly youths, on the increase over the last few years in the UK. Coaches are therefore heavily in demand. Developed in partnership with the [National Source Group for Hockey](#), the 1st4sport Level 3 Certificate in Coaching Hockey offers coaches a progression from the [1st4sport Level 2 Certificate in Coaching Hockey](#), to enable them to profile hockey players and develop annual training programmes that are appropriate to their needs and level of performance. It builds on the [Level 2 qualification](#), providing the advanced level of knowledge needed for more senior coaches who may be involved in regional coaching. It also aims to enable learners to create an effective coaching environment, establish supportive working relationships and manage the behaviour of players and others.

Frequently Asked Questions

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Who is the Qualification for?

Anyone over 18 years of age who coaches and trains in a club/team environment and is interested in developing and improving his or her hockey coaching skills. Existing holders of the [1st4sport Level 2 Certificate in Coaching Hockey](#) may decide that they wish to develop and improve their coaching skills to enable them to profile hockey players and develop annual training programmes. Students in further or higher education, studying sports-related coaching qualifications, should pursue this Certificate as a valuable addition to their portfolio of coaching skills.

Why Deliver this Qualification?

Endorsed by UKCC and accredited onto the National Qualifications Framework

The UK-wide standardisation of the delivery of coach education has ensured that the sport has been able to gain UKCC endorsement for the coach education programme within which the qualification sits. The result: you can be confident that this is the only UKCC-endorsed Level 3 hockey coaching qualification available. As a result, successful learners will have a well-recognised qualification to add to their portfolio that should be valued by any would-be employer or hockey club.

The qualification is transferable across the home nations

The qualification has been developed in partnership with the National Source Group for Hockey, which encompasses England Hockey, the Scottish Hockey Union and the Welsh Hockey Union, and, as such, meets the requirements for a level 3 coach in the majority of the home nations.

Introduces the concept of tailoring coaching programmes to meet the demands of a competitive hockey season

The 1st4sport Level 3 Certificate in Coaching Hockey involves the development of an annual training programme/periodised plan, that includes the peaking and tapering of training volume intensity to coincide with key league or cup matches within a team's competitive season. As coaches move from local to area/regional coaching, these skills will prove essential.

Increasing popularity

Hockey is a popular sport, with the number of clubs, teams and people participating on the increase over the last few years. The sport has seen a particular increase in its popularity among the youth of the UK, with the number of teams having almost tripled since 2002. And with over 116,000 people participating in the sport and 2012 on the horizon, it is envisaged that participation numbers will continue to rise, leading to an increased demand for qualified coaches at a senior level.

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What are the Learner Prerequisites?

Learners are required to:

- be at least 18 years of age
- hold the 1st4sport Level 2 Certificate in Coaching Hockey or a recognised home country Level 2 hockey coaching award
- provide evidence of attendance at a sports coach UK 'Safeguarding and Protecting Children' workshop or equivalent training
- hold a recognised current first-aid certificate.

How is the Qualification Structured?

The qualification is divided into the following units:

| Unit No | Unit Title | Accreditation No. |
|---------|--|-------------------|
| 1 | Analyse Performance and Goal Setting | H/103/5642 |
| 2 | Design a Coaching Programme | K/103/5643 |
| 3 | Manage a Safe and Effective Coaching Environment | M/103/5644 |
| 4 | Deliver a Coaching Programme | T/103/5645 |
| 5 | Evaluate and Develop a Coaching Programme and Practice | A/103/5646 |
| 8 | Coaching Hockey | J/103/772 |

There are 277 recommended learning hours for learners to complete the qualification, of which 54 are guided learning hours.

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What are the Supporting Materials?

Unlike many other awarding bodies that just supply you with the basic qualification standards, we go that extra mile to support you by providing:

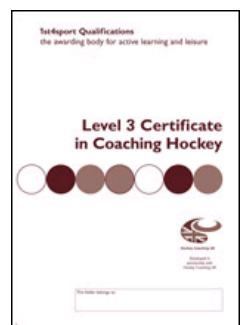
- full and comprehensive learner packs, which include a full set of structured learning and assessment tasks to help you deliver the qualification
- tutor/assessor guidance notes, which include sample answers to support you when assessing your students
- qualification administration that is all carried out online, enabling you to process students quickly and effectively, and making the records we hold on your students accessible to you at the click of a mouse.

For recognised centres and tutors, the qualification is supported by the following resources:

- generic administrative guidance and tools for recognised centres
- Qualification Specification, outlining the requirements of delivering and assessing the qualification
- 1st4sport Level 3 Certificate in Coaching Hockey Tutor/Assessor/Verifier Guidance Pack
- 1st4sport Level 3 Certificate in Coaching Hockey Learning and Assessment Materials Pack
- internal and independent assessment tools.
- Hockey Coaching UK *Health and Safety Guidelines for Coaching*.

For learners, the qualification is supported by the following resources:

- 1st4sport Level 3 Certificate in Coaching Hockey Learner Pack
- internal and independent assessment tools
- Coaching Handbook
- Hockey Coaching UK *Health and Safety Guidelines for Coaching*



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What are the Fees?

Fees are charged per learner and provide registration and certification for the qualification, as well as a 1st4sport Learner Pack, learning resources and certificate. There are no costs involved in [applying to deliver the qualification](#) or becoming a 1st4sport recognised centre. Further information on fees is available in your qualification application pack.

How do I Find Out More?

For more information on the organisations that the 1st4sport Level 3 Certificate in Coaching Hockey was developed in partnership with, please visit their respective websites at:

England Hockey- www.englishockey.co.uk

The Scottish Hockey Union - www.scottish-hockey.org.uk

The Welsh Hockey Union - www.welsh-hockey.co.uk

Contact Details for 1st4sport Qualifications:

1st4sport Qualifications

Coachwise limited

Chelsea Close

Off Amberly Road

Armley

Leeds LS12 4HP

Tel: 0113-290 7610

E-mail: enquires@1st4sportqualifications.com

How do I Apply?

If you are not already a 1st4sport recognised centre, but would like to deliver the 1st4sport Level 3 Certificate in Coaching Hockey, you will first need to fill in a Centre Recognition Application Form.

To apply, please [request a Centre Recognition Application Form](#)

If you are already a 1st4sport recognised centre and would like to seek approval to deliver the 1st4sport Level 3 Certificate in Coaching Hockey, please access *Athena*, the 1st4sport quality assurance system, and complete the qualification approval process. If you cannot remember your username and password, please [contact us](#).

We don't charge you any fees to apply to deliver this qualification.

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Other 1st4sport Qualifications you may be interested in:

- [1st4sport Level 1 Certificate in Coaching Hockey](#)
- [1st4sport Level 2 Certificate in Coaching Hockey](#)
- [1st4sport Level 3 Certificate in Talented Athlete Lifestyle Support](#)
- [1st4sport Level 3 Certificate in Coaching Netball](#)

In partnership with:



Hockey Coaching UK

Endorsed by:



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Shop for [hockey and generic coaching books and resources](#) at 1st4sport.com.

- [Five reasons to choose 1st4sport](#)
- [Become a recognised centre](#)
- [Deliver this qualification](#)
- [Learner Information](#)

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