

# Level 1 Session Coach Award



The Level 1 Session Coach Award course has been designed to give learners the tools to start their journey on the Coaching Pathway. It focuses on both the 'How to Coach' and 'What to Coach' skills of coaching. It provides learners with the necessary skills to be able to plan and deliver basic table tennis coaching activities/sessions.



The course has been divided up into the 3 separate elements:-

- Practical
- eLearning
- Workbook

Level 1 Session Coach consists of 2 separate days spread over approximately a 4 to 8 week period. Learners are expected to complete home study and practical coaching tasks between each day of the course.

- Day 1- Practical day implementing the 'How to Coach' and 'What to Coach' skills in a practical environment.
- Home study- Candidates will complete the online element of the course.
- Day 2- Practical assessment



To complete your Level 1 Session Coach qualification, you must complete a Child Protection & Safeguarding workshop. Please aim to complete your Child Protection & Safeguarding Workshop before the final day of the course. If you can't complete before the final day then you have 1 year from first day of the course. We advise to complete this as soon as possible. On completion of the qualification you will receive a free 1 year coaching licence.

Your next step in your coaching journey would be the Level 2 Lead Coach course. For more information please click [here](#).