

Ultimate Australia Coaching Framework

Last updated: 25/01/2021

1. General Information	2
1.1 Licence / Franchise Arrangements	2
1.2 Course details	2
1.3 Payment of Course fees	3
1.4 Refund policy for online courses	3
1.5 Facilitator Qualifications	3
1.6 Entry prerequisites	4
1.7 Venue	5
1.8 Insurance	5
2. Policies and Procedures	5
2.1 Coach’s Code of Ethics	5
2.2 Dispute resolution	5
2.3 Enrolment Prerequisites - Age of Entry to the course	6
2.4 Number of participants	6
2.5 Recognition of Prior Learning / Recognition of Current Competence	6
2.6 Reasonable adjustments	7
2.7 Retention of Records	7
2.8 Completion	7
2.9 Updating	8
2.10 Updating Activities	8
2.11 Re-accreditation via updating	8
2.12 Mentoring	8
2.13 Monitoring Training Program Quality	9
3. Competency Statements and Assessment - Community	9
3.1 Community Coach Competency Statements	9
3.2 Community Coach Corequisite Requirements	9
3.3 Community Coach Assessment Instruments	9
4. Competency Statements and Assessment - Development	10
4.1 Development Coach Competency Statements	10
4.2 Development Coach Prerequisite Requirements	10
4.3 Development Coach Assessment Instruments	10
5. Competency Statements and Assessment - Advanced	11
5.1 Advanced Coach Competency Statements	11

5.2 Advanced Coach Prerequisite Requirements	11
5.3 Advanced Coach Assessment Instruments	11
6. Competency Statements and Assessment - High Performance	12
6.1 High Performance Coach Competency Statements	12
6.2 High Performance Coach Prerequisite Requirements	12
6.3 High Performance Coach Assessment Instruments	13
Appendices	14
1. Updating criteria	14
2. Observation/Checklist assessment forms	14
3. Participant Evaluation forms	14
4. Coach's code of ethics	14

1. General Information

1.1 Licence / Franchise Arrangements

State/Territory Member Organisations of Ultimate Australia are endorsed to deliver the Community and Development Coach accreditation on behalf of Ultimate Australia.

Ultimate Australia is responsible for the delivery of the Advanced and High Performance accreditation.

1.2 Course details

Course Name	Duration	Target Audience
Community Coach Course	Online Community Course	School coaches, teachers, parents, grassroots coaches
Development Coach Course	Online Development Course and 14 hour face-to-face course	Div 2 Club coaches, state age-group team coaches, University team coaches
Advanced Coach Course	28 hour face-to-face course and assignment work	Div 1 Club coaches, National age-group team coaches, World Club Champs team coaches
High Performance Coach Course	28 hour face-to-face course and assignment work	National open-age team coaches

1.3 Payment of Course fees

Course fees will be kept to a minimum to maximise access to formal coach education. Course fees will include facility hire, catering, administration and equipment.

1.4 Refund policy for online courses

If notification is provided to Ultimate Australia prior to the learner completing an online course, Ultimate Australia will refund the learner the full cost of the course, less the administration fee.

If notification is provided to Ultimate Australia after a learner has paid and subsequently completed an online course, Ultimate Australia will not refund the course fee.

1.5 Facilitator Qualifications

Course	Minimum Facilitator Qualifications
Community	<ul style="list-style-type: none"> N/A as fully online
Development	<ul style="list-style-type: none"> Development Coach Accreditation
Advanced	<ul style="list-style-type: none"> Advanced Coach Accreditation; Cert IV Training and Assessment or Tertiary Education degree (Bachelor of Education, Masters of Education, Graduate Diploma of Education)
High Performance	<ul style="list-style-type: none"> High Performance Coach Accreditation; Cert IV Training and Assessment or Tertiary Education degree (Bachelor of Education, Masters of Education, Graduate Diploma of Education)

Facilitator's must complete any Ultimate Australia training relevant to the course level they are delivering.

Any trainee Facilitator must first observe delivery of the course content by an experienced Facilitator. The trainee Facilitator will then be supervised delivering the course content by an experienced Facilitator trainer.

Ultimate Australia have the right to:

- Approve Facilitator's not covered by the above criteria after evaluation of such person's relevant experience.
- Conduct random checks to assess the quality of delivery of the course being conducted.

Facilitator's may be nominated by their State/Territory Association and must be approved by Ultimate Australia. Participant evaluations will be reviewed to ensure quality control of Facilitator's.

Facilitator's are encouraged to attend generic Presenter & Assessor Training Courses available through State/Territory Sport Education Centres.

1.6 Entry prerequisites

Course Name	Pre-requisites
Community	<ul style="list-style-type: none"> ● There are no prerequisites for the Community Coach Course (which integrates Sport Australia's Community Coaching General Principles online course; and WFDF's Standard Rules Quiz)
Development	<ul style="list-style-type: none"> ● Community Coach Accreditation or Recognition of Current Competency ● 20 hours of coaching after completion of Community Coach course ● WFDF's Advanced Rules Certification
Advanced	<ul style="list-style-type: none"> ● Development Coach Accreditation ● Complete "Conducting selections - online module" ● After successful completion of the Development Coach Course the coach requires an additional 1 year of experience including a minimum of 50 hours of coaching. Coaching conducted should be at a minimum level of: <ul style="list-style-type: none"> ○ State representative U18/U22 ○ Australian Ultimate Championships and/or Australian Mixed Ultimate Championships Division 2 level
High Performance	<ul style="list-style-type: none"> ● Advanced Coach Accreditation ● After successful completion of the Advanced Coach Course the coach requires an additional 2 years of experience including a minimum of 50 hours of coaching ● Have coached for a minimum three of the last five years at one of the following levels: <ul style="list-style-type: none"> ○ Any Australian representative team competing at a WFDF Championship event ○ Australian Ultimate Championships and/or Australian Mixed Ultimate Championships Division 1 level

1.7 Venue

The following are the desired minimum requirements for venues where face to face delivery takes place.

ACTIVITY AREA

- An Ultimate field with sufficient space to conduct the practical components of the course.
- One disc between two players; Two sets of bibs/sashes; cones.

CLASSROOM

- Classroom must be no more than a 5 minute walk to the activity area.
- AV equipment / TV
- Data projector and screen
- Whiteboard and marker pens

1.8 Insurance

Ultimate Australia will provide Public Liability Insurance (\$20,000,000) for all Ultimate Australia coaching courses.

Once a coach obtains accreditation, they must be a current member of Ultimate Australia when undertaking practical coaching activities to ensure relevant insurance coverage.

2. Policies and Procedures

2.1 Coach's Code of Ethics

Any breach of the AFDA Coach Code of Ethics may result in disciplinary action, including de-registration as an Ultimate Australia Coach.

The Member Protection Policy and related support documents can be accessed via the Ultimate Australia website: <https://afda.com/policies>

2.2 Dispute resolution

All complaints must be submitted in writing to the Ultimate Australia High Performance and Business Development Manager. Appeals regarding the outcome of an application or assessment must be received within 14 days of receiving notification of the application or assessment.

The AFDA Appeals Policy will be followed in this process.

2.3 Enrolment Prerequisites - Age of Entry to the course

Course	Age requirements
Community	Participants must be at least 15 years of age upon completion to be eligible for accreditation.
Development	Participants must be at least 15 years of age upon completion to be eligible for accreditation.
Advanced	Participants must be at least 18 years of age upon completion to be eligible for accreditation.
High Performance	Participants must be at least 18 years of age upon completion to be eligible for accreditation.

2.4 Number of participants

Course	Facilitator : Participant ratio (max)
Community	N/A as fully online
Development	1:14
Advanced	1:10
High Performance	1:6

2.5 Recognition of Prior Learning / Recognition of Current Competence

Ultimate Australia is responsible for assessing RPL for all levels of accreditation.

All coaches must satisfy the competencies of each level of accreditation. However, some practicing coaches may be able to satisfy all or most of the competencies required for accreditation without having to attend a formal course.

Candidates may apply for exemption from all or sections of the course. Such people will be required to complete a Recognition of Prior Learning (RPL) application and provide suitable documentation to support their application. This should be provided to the AFDA High Performance and Business Development Manager.

This application will then be considered according to the AFDA Recognition of prior learning policy available at www.afda.com

The candidate may be required to prove their expertise in an area by written or practical Demonstration.

2.6 Reasonable adjustments

Ultimate Australia is committed to providing flexibility in the assessment methods used where requested and appropriate. This includes:

- Using video of the practical coaching event for assessment purposes where necessary (for example, for a coach in a remote area).
- Considering any request from candidates for flexibility, within the framework of ensuring fairness for others and integrity of the assessment process overall.
- Using oral instead of written exams and worksheets where appropriate.

2.7 Retention of Records

Ultimate Australia is required to keep updated records of all accredited coaches via Ultimate Australia’s Learning Management System, including: Name, Address, Phone number, Email address, level of accreditation and expiry date.

2.8 Completion

Participants must complete all assessment tasks related to the course within the time limits outlined below, otherwise no accreditation will be granted.

Course	Completion time
Community	12 months from commencement date
Development	12 months from commencement date
Advanced	2 years from commencement date
High Performance	2 years from commencement date

If participants do not complete the tasks within the required time frame and wish to attain accreditation, the entire course will have to be completed again. This will result in additional course fees to be paid by the participant. Any exemptions to the above requirements will be considered on merit by Ultimate Australia.

2.9 Updating

Course	Update Requirements
Community	<ul style="list-style-type: none"> Complete another Community Coaching Course within four years OR <ul style="list-style-type: none"> Achieve 20 hours of updating activities over a four year period
Development	<ul style="list-style-type: none"> Complete another Development Coaching Course within four years OR <ul style="list-style-type: none"> Achieve 40 hours of updating activities over a four year period
Advanced	<ul style="list-style-type: none"> Complete another Advanced Coaching Course within four years OR <ul style="list-style-type: none"> Achieve 80 hours of updating activities over a four year period
High Performance	<ul style="list-style-type: none"> Achieve 120 hours of updating activities over a four year period

2.10 Updating Activities

- 50% to 100% of the required updating hours for each level should be completed through practical coaching.
- Practical coaching can be undertaken with any level of athlete or team and may occur on a regular basis (weekly, fortnightly) or in specific situations such as camps, clinics.
- The remainder of the updating hours can be completed by any combination of coach education activities (eg conference attendance; mentoring a coach; sport coaching related courses)

2.11 Re-accreditation via updating

- Applications for re-accreditation should be made to Ultimate Australia's High Performance and Business Development Manager prior to the accreditation expiry date.
- Applications for re-accreditation must be accompanied by a completed logbook or evidence of coaching activities over the four year updating period.
- Applications for re-accreditation will be accepted for up to 12 months following the expiry date of the accreditation.

2.12 Mentoring

- It is recommended that prospective coaches seek the assistance of a mentor coach in improving their coaching skills prior to/post the relevant accreditation course.
- Mentors will receive credit towards their updating requirements.

2.13 Monitoring Training Program Quality

The following procedures will be put in place to ensure quality control of course:

- Ongoing Facilitator training
- Facilitator evaluation by participants
- Course evaluation and review process
- All courses will be reviewed on a regular basis and input will be sought from relevant coach development stakeholders.

3. Competency Statements and Assessment - Community

3.1 Community Coach Competency Statements

At the completion of the training program, the coach will be able to:

- Explain the role, legal obligations and ethical responsibilities of a community coach
- Assess and manage the risks of coaching
- Develop strategies to work with parents, officials and sports administrators
- Understand the benefits of using a game sense approach to teach game concepts and develop long term learning
- Utilise a range of communication, teaching and behaviour management strategies to help athletes learn basic skills and tactics
- Plan and review coaching sessions for beginner level participants
- Cater for the physical and social development of participants
- Safely conduct a training session, ensuring fun and maximum participation through games and activities
- Introduce Ultimate to a beginner group, including the simple rules, spirit of the game concepts, and self-refereeing
- Start disc games with a beginner group
- Understand how to safely teach the basic skills of ultimate
- Identify skill faults and correct technique for the basic skills of ultimate
- Understand basic offence and defence tactics

3.2 Community Coach Corequisite Requirements

- WFDF Standard Rules of Ultimate Accreditation
- Community Coaching General Principles (or current PE Teacher Registration)
- Play by the Rules - Child Protection Online Course (or current Teacher Registration)

3.3 Community Coach Assessment Instruments

- Question and Answer Quiz (online)

4. Competency Statements and Assessment - Development

4.1 Development Coach Competency Statements

At the completion of the training program, the coach will be able to:

- Develop and review a coaching plan for a session
- Manage the safety requirements of coaching
- Incorporate inclusive practices into coaching style to cater for a range of individual needs
- Understand and apply goal setting techniques and basic principles of sport psychology
- Understand components of a healthy diet for an active lifestyle
- Demonstrate effective coaching communication strategies
- Demonstrate effective group management strategies
- Demonstrate an understanding of skill progression
- Understand, safely teach and apply the principles of the Ultimate Australia Strength and Conditioning program, including warm up activities
- Safely teach, identify and correct technique faults for throwing, catching, attacking and defending skills
- Create and evaluate simple Game Day team goals and strategies
- Apply the techniques of basic Ultimate skills into relevant on field situations
- Apply the principles of positional and team play into basic on field strategy
- Utilise self reflection tools for development of coach management, teaching and communication skills
- Understand and apply the WFDF Rules of Ultimate in competitive play

4.2 Development Coach Prerequisite Requirements

- Community Coach Accreditation
- WFDF Advanced Rules Accreditation
- After successful completion of the Community Coach Course the coach requires an additional 20 hours of coaching.

4.3 Development Coach Assessment Instruments

ONLINE COMPONENT

- Journal entries
- Question and Answer Quiz

FACE TO FACE COMPONENT

- Session plan
- Practical coaching task:
 - Demonstrate exercises from the S+C program
 - Demonstrate attacking or defending skill
 - Self-reflection on practical task

5. Competency Statements and Assessment - Advanced

5.1 Advanced Coach Competency Statements

At the completion of the training program, the coach will be able to:

- Safely program and monitor conditioning training for Ultimate
- Program and monitor sport psychology training for Ultimate
- Plan and prepare training sessions that complement a yearly team plan
- Interpret the rules of Ultimate within skill sessions and game strategy planning
- Provide drugs in sport information to athletes
- Select and use technology to assist with Ultimate coaching
- Understand and teach advanced skills of Ultimate
- Design and implement an individual skill session for elite Ultimate players
- Identify and implement advanced team strategies of Ultimate in a competitive situation
- Implement policies associated with risk management within Ultimate
- Adapt coaching practices, program and activities to cater for the individual needs of all players, including players from specific populations
- Apply appropriate communication techniques to effectively deliver feedback to athletes
- Analyse athlete performance and provide appropriate technical corrections
- Assess and monitor the development and wellbeing of athletes
- Self reflect on coaching behaviours and develop an action plan for continual improvement

5.2 Advanced Coach Prerequisite Requirements

- Development Coach Accreditation
- Complete “Conducting selections - online module”
- After successful completion of the Development Coach Course the coach requires an additional 1 year of experience including a minimum of 50 hours of coaching. Coaching conducted should be at a minimum level of:
 - State representative U18/U22
 - Australian Ultimate Championships and/or Australian Mixed Ultimate Championships Division 2 level

5.3 Advanced Coach Assessment Instruments

ONLINE COMPONENT

- Cross-Sport Placement Assignment
- Question and Answer Quiz

FACE TO FACE COMPONENT

- Two Coaching Session Videos
 - One on attacking skills
 - One on defending skills
- Match day coaching - Practical coaching task

6. Competency Statements and Assessment - High Performance

6.1 High Performance Coach Competency Statements

At the completion of the training program, the coach will be able to:

- Develop, implement and review a periodised training plan for a competitive Ultimate team (National, State, Club Div 1) for one season of competition
- Develop training sessions for elite individuals to improve their competence and range of skills
- Apply working knowledge of scientific theory and principles of training, sport science, sport psychology and sports medicine and their application to Ultimate
- Manage personal development and own health and wellbeing
- Assist athletes to manage mental health and wellbeing
- Apply working knowledge of a coach's legal responsibilities and their application to Ultimate
- Teach advanced Ultimate skills, recognising and encouraging individual strengths and correcting weaknesses and technique
- Instruct and implement the principles, functions and strategies associated with each playing position within the team strategy
- Provide leadership and direction to programs
- Interact effectively with relevant stakeholders
- Analyse match play styles and systems and introduce advanced tactical responses
- Develop detailed knowledge in a particular area of coaching interest through conducting research and sharing research outcomes with peers

6.2 High Performance Coach Prerequisite Requirements

- Advanced Coach Accreditation
- After successful completion of the Advanced Coach Course the coach requires an additional 2 years of experience including a minimum of 50 hours of coaching
- Have coached for a minimum three of the last five years at one of the following levels:
 - Any Australian representative team competing at a WFDF Championship event
 - Australian Ultimate Championships and/or Australian Mixed Ultimate Championships Division 1 level

6.3 High Performance Coach Assessment Instruments

ONLINE COMPONENT

- 1 year periodised plan for elite Ultimate team
- Report on analysis of a match
- Report on creation of agreed values and behaviours with your team
- Report on elite training session other than Ultimate
- Self-reflection report of own coach learning journey

FACE TO FACE COMPONENT

- Presentation of research conducted on coach area of interest
- Training session assessment
 - Deemed competent against all performance criteria on checklist
- Match day assessment
 - Deemed competent against all performance criteria on checklist

Appendices

1. Updating criteria

- Community
- Development
- Advanced
- High Performance

2. Observation/Checklist assessment forms

- Development
- Advanced
- High Performance

3. Participant Evaluation forms

- Development
- Advanced
- High Performance

4. Coach's code of ethics