UKCC LEVEL 2 TRAINING CONTENT

- IDENTIFYING NEEDS
- EVALUATING NEEDS
- EFFECTIVE OBSERVATAION
- ANALYSING PERFORMANCE
- DEVELOPING RIDERS
- COMPONENTS OF
- FITNESS
- RIDER FITNESS
- BEHAVIOUR MNAGEMENT

- PREPARING A SAFE ENVIRONMENT
- MAINTAINING A SAFE ENVIRONMENT
- SAFE PRACTICE
- EFFECTIVE PRACTICE
- USE OF RELEVANT TECHNICAL CONTENT
- COACHING ETHICS

- EFFECTIVE COMMUNICATION
- LISTENING SKILLS
- QUESTIONING TECHNIQUE
- GNERATING FEEDBACK
- EXPLANATION SKILLS
- ENGAGING RIDERS
- THE FUN ELEMENT

- STAGES OF LEARNING
- LEARNING STYLES
- COACHING STYLES
- LONG TERM ATHLETE DEVELOPMENT
- PLANNING SESSIONS
- MONITORING SESSIONS
- GOAL SETTING
- EVALUATION