



COACHING WORKSHOP PARTICIPATION MANUAL

Spreading Jiu-Jitsu across Saskatchewan

THE SASKTACHEWAN BRAZILIAN JIU-JITSU FEDERATION INC.

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Coaching Workshop Participant Manual

Welcome to the SBJJF Coaching Certification Course. This manual is designed to guide you through the certification process, providing you with the necessary knowledge, skills, and resources to become an effective Brazilian Jiu-Jitsu coach in Saskatchewan.

1. Introduction

Key Information:

The SBJJF is dedicated to promoting and developing Brazilian Jiu-Jitsu in Saskatchewan by providing resources, training, and support for athletes, coaches, and enthusiasts. Our goal is to create a thriving community where everyone can enjoy and excel in BJJ.

Workshop Activity:

Icebreaker: Share your BJJ journey and goals as a coach.

Notes:

2. Vision, Mission, and Values

Key Information:

Vision: To be the leading organization for Brazilian Jiu-Jitsu in Saskatchewan, fostering a community of excellence, respect, and continuous improvement.

Mission: To support and develop BJJ practitioners of all levels through high-quality coaching, competitions, and educational resources.

Values: Integrity, Respect, Excellence, Community, Growth

Workshop Activity:

Group Discussion: How do these principles align with your personal values and goals in BJJ?

Notes:

3. Organizational Structure

Key Information:

The SBJJF's organizational structure includes a Board of Directors, Executive Committee, Regional Representatives, and various subcommittees focusing on specific areas such as coaching, competitions, and community outreach.

Workshop Activity:

Role-Playing: Assign participants different roles and simulate organizational decision-making.

Notes:

4. Provincial Leadership

Key Information:

Provincial leadership within the SBJJF is responsible for overseeing the development and implementation of programs, ensuring alignment with the federation's mission and vision, and supporting regional representatives and committees.

Workshop Activity:

Leadership Discussion: Discuss the qualities and responsibilities of effective leaders in BJJ.

Notes:

5. Committees

Key Information:

SBJJF committees focus on areas such as coaching, competitions, membership, and community outreach. Each committee is tasked with developing initiatives, policies, and programs to support the growth and development of BJJ in Saskatchewan.

Workshop Activity:

Committee Simulation: Participants work in groups to solve a hypothetical issue as a committee.

Notes:

6. Coaching Development

Key Information:

Coaching development includes formal education, practical experience, workshops, and seminars. The SBJJF provides ongoing support to ensure coaches have access to the latest training techniques and methodologies.

Workshop Activity:

Development Planning: Create a personal development plan for advancing coaching skills.

Notes:

7. Referee Development

Key Information:

Referee development involves understanding the rules and regulations of BJJ, effective communication, and maintaining fairness and safety during competitions. The SBJJF offers certification programs and practical training opportunities for aspiring referees.

Workshop Activity:

Referee Training: Review and practice key aspects of refereeing.

Notes:

8. Membership

Key Information:

Membership in the SBJJF provides access to competitions, training resources, coaching certification programs, and a supportive community of BJJ practitioners. Members are encouraged to actively participate in federation activities and contribute to the growth of the sport.

Workshop Activity:

Membership Drive: Develop strategies to promote SBJJF membership within your community.

Notes:

9. Coaching Structure

Key Information:

The SBJJF coaching structure includes various levels of coaching, each with specific responsibilities and requirements. This structured pathway ensures coaches receive appropriate training and experience as they progress.

Workshop Activity:

Coaching Ladder: Map out the pathway from introductory coach to provincial head coach.

Notes:

10. Coaching Certification Pathway

Key Information:

The coaching certification pathway includes introductory courses, intermediate training, advanced workshops, and continuous professional development. Coaches must meet specific criteria and pass evaluations to progress.

Workshop Activity:

Certification Simulation: Walk through the application and evaluation stages.

Notes:

11. Introductory Coach

Key Information:

Introductory coaches are responsible for teaching fundamental techniques, ensuring a safe training environment, and fostering a positive and encouraging atmosphere for beginners.

Workshop Activity:

Introductory Coaching: Develop a basic training session plan for new BJJ students.

Notes:

12. Intermediate Coach

Key Information:

Intermediate coaches build on the foundations set by introductory coaches, introducing more complex techniques and tactical concepts. They are also responsible for preparing athletes for competition.

Workshop Activity:

Intermediate Coaching: Create a training plan that incorporates more advanced techniques and strategies.

Notes:

13. Club Head Coach Key Information:

Club head coaches oversee all aspects of running a BJJ club, including training programs, competition preparation, and athlete support. They play a key role in creating a positive and productive training environment.

Workshop Activity:

Club Management: Develop a comprehensive plan for managing a BJJ club, including training schedules, athlete development, and community engagement.

Notes:

14. Provincial Head Coach

Key Information:

Provincial head coaches are responsible for overseeing the development of BJJ across the province, supporting club coaches, and ensuring alignment with the SBJJF's mission and vision. They play a crucial role in promoting the sport and fostering excellence.

Workshop Activity:

Provincial Leadership: Develop a strategic plan for advancing BJJ in Saskatchewan.

Notes:

15. SaskBJJ Policy and Procedures

Key Information:

SBJJF policies and procedures cover areas such as competition rules, safety protocols, ethical standards, and administrative processes. Adhering to these guidelines ensures consistency, fairness, and safety within the organization.

Workshop Activity:

Policy Review: Discuss how specific policies apply to real-world coaching scenarios.

Notes:

16. Coaching Responsibilities and Roles

Key Information:

Provincial Head Coach:

Responsible for overall leadership and strategic direction of BJJ in the province. Supports club coaches and ensures alignment with the federation's goals.

Club Coaches:

Oversee training and development at the club level. Focus on athlete development, competition preparation, and creating a positive training environment.

Assistant Coaches:

Support head coaches in training sessions, provide individual attention to athletes, and help manage club activities.

Roles of a Coach in the Operation of an Academy:

Coaches play multiple roles, including mentor, instructor, manager, and role model. They are crucial in maintaining the academy's standards, fostering community, and ensuring athlete welfare.

Workshop Activity:

Role-Playing: Simulate different coaching scenarios to practice communication and problem-solving skills.

Notes:

17. Fundamentals of “Sport for Life”

Key Information:

Sport for Life emphasizes the importance of long-term athlete development (LTAD), promoting lifelong physical activity, and encouraging the holistic development of athletes.

Workshop Activity:

LTAD Planning: Create a development plan for an athlete at a specific stage.

Notes:

18. Safety and Risk Management

Key Information:

Safety and risk management involve proper warm-ups, using protective gear, ensuring a safe training environment, and having protocols for injuries. Coaches must be trained in first aid and CPR.

Workshop Activity:

Safety Drills: Practice emergency procedures and first aid.

Notes:



19. Ethical Standards and Coaches Code of Conduct

Key Information:

SBJJF members are expected to uphold integrity, respect, and fairness. The code of conduct covers behavior towards athletes, peers, and the broader community, emphasizing sportsmanship and ethical decision-making.

Workshop Activity:

Role-Playing: Handle ethical dilemmas and discuss appropriate responses.

Notes:

20. Long-Term Athlete Development (LTAD)

Key Information:

LTAD is a framework that outlines the optimal training, competition, and recovery principles for each stage of an athlete's development. It ensures athletes receive age-appropriate training and opportunities.

Workshop Activity:

LTAD Planning: Create a development plan for an athlete at a specific stage.

Notes:

21. Coaching Principles and Methodologies

Key Information:

Effective coaching combines technical expertise with psychological understanding. Coaches should use a variety of methods, including direct instruction, guided discovery, and collaborative coaching, to meet athletes' diverse needs.

Workshop Activity:

Coaching Scenarios: Develop strategies using different methodologies for various athlete profiles.

Notes:

22. Support of Athletes in Training

Key Information:

Supporting athletes involves understanding their training needs at various stages of training.

Workshop Activity:

Supporting an athletes: Give an example of support for an athlete in competition and in academy training.

Notes: