

INSTRUCTOR'S COACHING CERTIFICATION MANUAL

Spreading Jiu-Jitsu across Saskatchewan

THE SASKTACHEWAN BRAZILIAN JIU-JITSU FEDERATION INC.

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Instructor's Coaching Certification Course 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

Instructor Notes:

Highlight the importance of Brazilian Jiu Jitsu (BJJ) in the community. Emphasize the SBJJF's commitment to developing the sport at all levels.

Workshop Activity:

Icebreaker: Participants share their BJJ journey and goals as a coach.

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.

2. Vision, Mission, and Values

Instructor Notes:

Discuss the foundational principles of the SBJJF. Explain how these principles guide decision-making and actions.

Workshop Activity:

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

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

3. Organizational Structure

Instructor Notes:

Explain the hierarchy and roles within the SBJJF. Highlight how the structure supports the mission and vision.

Workshop Activity:

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

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.

4. Provincial Leadership

Instructor Notes:

Identify the key leaders within the SBJJF. Explain their roles and contributions to the organization.

Workshop Activity:

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

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.

5. Committees

Instructor Notes:

Introduce the various committees within the SBJJF. Explain the purpose and functions of each committee.

Workshop Activity:

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

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.

6. Coaching Development

Instructor Notes:

Emphasize the importance of continuous development for coaches. Outline the resources and opportunities available for coaching development.

Workshop Activity:

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

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.

7. Referee Development

Instructor Notes:

Highlight the role of referees in BJJ competitions. Discuss the training and certification process for referees.

Workshop Activity:

Referee Training: Review and practice key aspects of refereeing.

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.

8. Membership

Instructor Notes:

Discuss the benefits of SBJJF membership. Explain the process for joining the federation.

Workshop Activity:

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

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.

9. Coaching Structure

Instructor Notes:

Explain the different coaching levels within the SBJJF. Highlight the responsibilities associated with each coaching level.

Workshop Activity:

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

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.

10. Coaching Certification Pathway

Instructor Notes:

Outline the steps required to become a certified SBJJF coach. Emphasize the importance of continuous learning and certification renewal.

Workshop Activity:

Certification Simulation: Walk through the application and evaluation stages.

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.

11. Introductory Coach

Instructor Notes:

Define the role and responsibilities of an introductory coach. Discuss the key skills and knowledge required at this level.

Workshop Activity:

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

Key Information:

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

12. Intermediate Coach

Instructor Notes:

Explain the role and responsibilities of an intermediate coach. Highlight the progression from introductory to intermediate coaching.

Workshop Activity:

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

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.

13. Club Head Coach

Instructor Notes:

Define the role and responsibilities of a club head coach. Discuss the leadership and management skills required at this level.

Workshop Activity:

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

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.

14. Provincial Head Coach

Instructor Notes:

Explain the role and responsibilities of a provincial head coach. Discuss the broader impact of this role on the BJJ community.

Workshop Activity:

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

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.

15. SaskBJJ Policy and Procedures

Instructor Notes:

Introduce key policies and procedures of the SBJJF. Explain the importance of adhering to these guidelines.

Workshop Activity:

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

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.

16. Coaching Responsibilities and Roles

Instructor Notes:

Discuss the specific responsibilities and roles of different coaching positions within the SBJJF.

Highlight the importance of collaboration and communication among coaching staff.

Workshop Activity:

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

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.