



WORLD PROGRAMMES



COACHES



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## INTRODUCTION

### GENERAL STRATEGY AND OBJECTIVE

The aim of the three Olympic Solidarity coaches' programmes is to offer National Olympic Committees (NOCs) all the means necessary to improve their coaches' knowledge so as to enable them to respond to current athlete training requirements.

For its part, the IOC officially recognises the importance of the function and training of coaches, including them, as a priority, in its Entourage Commission, which was created following the IOC Session in Copenhagen.

Nowadays, coaches are a particularly important element for the athlete and they are asked to fulfil various roles, of an educator, trainer, guide, psychologist, agent, etc. and all this for various groups (athletes, teams, children, adolescents, adults, beginners, elite athletes, etc.), which is why it is important that they have access to ongoing and high-quality training.

Olympic Solidarity also encourages the NOCs and International Federations (IFs) to refer to training standards, such as those proposed by the International Sport Coaching Framework, while adapting this study to the specificities of the sport and country concerned. The goal is to use common terminology for coaches' training, as much as possible.

Finally, Olympic Solidarity invites the NOCs to reflect on how to create links between the various programmes – technical courses, individual scholarships and national structure development projects – with a view to strengthen, in a global and long-term manner, coaches' training throughout the world.

### TECHNICAL COURSES FOR COACHES

The main objective of the programme of technical courses is the basic training of active coaches, officially recognised as such, in all the sports on the Olympic programme. The training is led by international experts designated by the IFs.

The aim is to standardise coaches' training as much as possible. This is why each course must scrupulously follow the rules established by the IFs for this type of training. Furthermore, it is necessary to ensure consistency between the trainings already undertaken in previous years and those planned for the medium to long term. To achieve this, NOCs must plan and select the level of each course, the sports and the participants according to their specific needs and the development objectives they wish to reach at the end of the quadrennial plan.



In order to promote the role of women in sport, Olympic Solidarity hopes that the NOCs will support the participation of women in these courses, with women accounting for at least 10 to 20 per cent. The high-level training courses (levels 2 to 4) are aimed at coaches who have already followed a lower-level course. However, to be able to bring together a sufficient number of participants, these training courses can include coaches from several countries and be organised on a regional level.

## OLYMPIC SCHOLARSHIPS FOR COACHES

The individual Olympic scholarship programme offers coaches the opportunity to benefit from ongoing high-level training in a centre or university, and to thus acquire experience and knowledge that they must then use to strengthen their national sports structure.

Olympic Solidarity will maintain the training possibilities offered to date, while trying to extend the range of specific training courses in order to more precisely respond to the needs of the NOCs. Distance learning courses (e-learning) could also be proposed in the future.

There are two options open to coaches: a training course in sports sciences, which allows them to obtain high-level or even university recognition; or a sport-specific training course, which allows them to update their technical knowledge, thus strengthening their practical experience in a specific sport. IFs, universities, high-level sports centres and recognised sports clubs work with Olympic Solidarity to host these scholarship holders.

## DEVELOPMENT OF NATIONAL SPORTS STRUCTURE

This programme allows for the development or strengthening of all the national sports structures through the implementation of a medium or long-term action plan in a specific sport, with the support of an international expert. To achieve this, NOCs must perform an in-depth study of their situation (strengths and weaknesses, etc.) before establishing a coherent and realistic action plan which targets clear development objectives that can be achieved on a long term basis. Priority is given to those NOCs whose basic sports structures and coaching systems are weak, but which show real development potential.

The action plan must provide for training of local coaches and people likely to continue the work initiated by the expert; the improvement of training programmes for elite sport and support for Sport for All, school sport, talent identification, etc. To establish their action plans, NOCs are strongly encouraged to use, as much as possible, the work developed by former Olympic Solidarity scholarship holders throughout their training.

Finally, it is more and more recommended, for budgetary reasons in particular, to split the international expert's stay into several well-defined periods. During his absence, a person responsible for running the project will be appointed as the national coordinator to follow up the development and ensure the progress of the action plan. This person can be a national coach, a former Olympic Solidarity scholarship holder or a technical director.