



WAIKATO INSTITUTE FOR
LEADERSHIP & SPORT STUDIES

**COACHING
PATHWAY**

**VOLUNTEER
AWARDS**

**OFFICIATING
DEVELOPMENT**



SPORT DEVELOPMENT

We educate leaders within **sports associations, clubs and schools** to lift the capability of the community, delivering effective sporting opportunities for all.

Our programmes support **coaches, managers, officials, and sport administrators** to enhance their leadership and development journeys.

WILSS aims to **up-skill and boost the confidence** of sports leaders, and to **recognise volunteers** that help make sport happen, in meaningful ways.

SPORT DEVELOPMENT OPPORTUNITIES



COACHING 101 - L1

Beginner Coaching Workshop

A beginner-friendly 2-hour workshop to master essential coaching skills and boost the confidence of student, parent, and volunteer sport coaches.



SMART COACH - L2

10 Unique Coaching Modules

10x 2-hour modules of learning targeting key areas of coaching: Team Environment, Training Design, Communication, and/or Code Specific Skills/Drills.



NZQA CERTIFICATE - L3

NZQA Approved - 26-week Course

A full season of support and training within a cohort of cros-code coaches, extending over 10x 2-hour workshops. Learners earn 60 Level 3 Credits.



WHISTLE-UP WORKSHOPS

5 Referee/Umpire Modules

5x 2-hour modules of learning, targeting key areas of officiating: Confidence, Dealing with Conflict, Coping with Pressure, & Making Good Decisions.



VOLUNTEER EVENT

Connect and Celebrate Your Volunteers

Connect your volunteers for breakfast, recognition or thank you events. We support you with Volunteer Awards and/or a workshop discussion topics.



WILSS Sport Development Programmes

- Equip coaches and officials with essential resource.
- Develop participant confidence and capability.
- Are designed to suit your sport, club, or school's needs.

SMART COACH MODULES

Are **designed to advance coaches** following the Coaching 101 workshop. There are **10x 2-hour modules** available, delivered as interactive workshops.

COACH'S ENVIRONMENT

1. Your Coaching Philosophy

Explore why you coach, your values, and style. Define what good coaching looks like.

2. Balance is Better & Positive Sideline

Understand Sport New Zealand's Balance is Better approach and how to apply its principles.

3. Building Positive Team Culture

Learn to set a positive team culture. Build rapport and respect by understanding participant needs.



Choose the Smart Coach Modules that best suit your sport coaching context.



RUN TRAINING SESSIONS

4. Building Effective Sessions

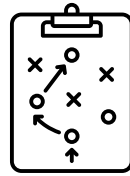
Use effective coaching strategies to design and deliver positive training sessions.

5. Teaching Games For Understanding

Develop purposeful and motivating games that enhance participation, performance & enjoyment.

6. Athlete Centred Coaching

Understand the difference and how to navigate coach vs athlete centred coaching approaches.



COACH COMMUNICATION

7. Constructive Communication

Use constructive communication to give clear instruction and create positive relationships.

8. Giving Performance Feedback

Understand and explore guidelines for delivering specific, positive, and bad-behaviour feedback.

9. Motivating Your Athletes

Focus on how to keep more young people in sport by understanding intrinsic & extrinsic motivation.



SKILLS DRILLS TACTICS

10. Code Specific Skills Session

An expert from your code brings the sport relevant knowledge and resources to a session.

