



UK Ultimate Association: Level 1 Coach Award

This course gives outline knowledge of Ultimate, basic techniques, a basic tactical awareness of how the game works and strategies for both offence and defence, along with an introduction to coaching techniques.

Coaches will receive extensive written resources to complement the course. No formal assessment will be taken. Upon completion coaches will receive a "UKUA Coach's certificate".

Is the UKUA Level 1 Coach Award for you?

Whilst we would not wish to discourage anyone who is keen to learn the basics of coaching Ultimate, the following list will give you an indication of the background necessary to gain the most from the course:

You should have:

- been playing Ultimate regularly for at least 18 months
- competed at several national-level outdoor tournaments
- organised and run at least one team training session
- experience of teaching beginners to throw backhands and sidearms
- a good practical understanding of the rules of the game.

If all of the above applies to you, then the material in the Level 1 Coach award has been designed with you in mind!

The Level 1 course involves:

- Pre-course preparation: careful reading of the UKUA and "Sports Coach UK" material provided
- A full day with one (or more) of our experienced Coach Educators – including a practical session on running drills

Attendees receive:

- The Level 1 UKUA Coaching Handbook
- The Level 1 UKUA Coaching Workbook
- Coaching resources from SportsCoachUK
- Log sheets and other resources – logged coaching will be a pre-requisite for Level 2
- A UKUA Coach's certificate

At the end of the course coaches will:

- Be able to run basic Ultimate sessions that are fun, instructive and that foster improvement
- Be able to coach the basic Ultimate skills (throwing, catching, pivoting and faking, marking and cutting) and incorporate them into drills that are fun at the same time as skill enhancing and fitness improving
- Have gained an understanding of some standard offence and defence strategies and learned how to develop understanding of these using drills

Attending a course

- Register your interest by contacting the UKUA administrator (admin@ukultimate.com)
- Level 1 course is typically £85 per person. UKUA reserves the right to change these prices in response to the cost of staging any given course
- Clubs can host a course for their own players – contact admin@ukultimate.com to arrange this – in which case we should be able to offer a lower price