



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Advanced Sports Coaching Specialisation For Intermediate Performers Training

Culture and Arts / Sport

Unit Standard 110294 · NQF Level 5 · 45 Credits · 42 Days

COURSE OVERVIEW

This course is designed to equip intermediate sports coaches with advanced techniques and strategies to enhance athlete performance. It focuses on refining coaching methodologies, analyzing performance data, and developing customized training programs to optimize athletic development.

Category	Culture and Arts
Subfield	Sport
Unit Standard	110294
Accreditation	SAQA Accredited · NQF Level 5 · 45 Credits
Duration	42 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply advanced coaching principles to design individualized training programs for intermediate performers.
- Analyze athlete performance data to identify strengths, weaknesses, and areas for improvement.
- Evaluate the effectiveness of training interventions using appropriate assessment tools.
- Design periodized training plans that incorporate advanced sports science concepts.
- Implement motivational strategies to enhance athlete engagement and performance.
- Demonstrate effective communication and feedback techniques to optimize athlete development.

WHO SHOULD ATTEND

- This course is intended for sports coaches with intermediate experience who are looking to specialize in advanced coaching techniques and improve their ability to train performers at a higher level.

COURSE OUTLINE

Day 1: Foundations of Advanced Sports Coaching

- Overview of advanced coaching frameworks
- Coaching ethics and professionalism
- Athlete-centred coaching philosophy
- Communication strategies for intermediate athletes

Day 2: Sports Science Principles for Coaching

- Energy systems and training zones
- Biomechanical analysis of sport-specific movements
- Psychological factors: motivation, confidence, focus
- Periodization and training cycles

Day 3: Athlete Assessment and Profiling

- Fitness testing protocols (endurance, strength, speed, agility)
- Skill-specific assessments
- Anthropometric measurements
- Profiling methods and data interpretation

Day 4: Designing Training Programs I – Principles and Structure

- Training principles and adaptation
- Session design: warm-up, main set, cool-down
- Periodization models for intermediate performers
- Managing training load

Day 5: Designing Training Programs II – Sport-Specific Planning

- Sport-specific conditioning
- Technical and tactical periodization
- Monitoring and adjusting training loads
- Competition phase planning

Day 6: Technical Skill Development and Analysis

- Technique analysis frameworks
- Video analysis tools and methods
- Drill design for skill acquisition
- Feedback delivery: verbal, visual, kinesthetic

Day 7: Tactical Awareness and Decision Making

- Tactical periodization
- Decision-making training (small-sided games, constraints)
- Video analysis of tactical patterns
- Scouting and game plan development

Day 8: Strength and Conditioning for Intermediate Athletes

- Periodized strength training
- Plyometric progression
- Speed and agility development
- Recovery strategies and injury risk reduction

Day 9: Nutrition and Hydration for Performance

- Macronutrient and micronutrient requirements
- Meal timing and composition
- Hydration guidelines
- Supplement considerations and risks

Day 10: Psychology of Coaching – Motivation and Team Dynamics

- Motivation: intrinsic vs extrinsic
- Goal setting and self-efficacy
- Team building activities
- Conflict resolution techniques

Day 11: Coaching Communication and Leadership

- Active listening and questioning techniques
- Leadership models in coaching
- Giving constructive feedback
- Cultural sensitivity and inclusivity

Day 12: Injury Prevention and First Response

- Common injuries by sport
- Injury prevention exercises (e.g., FIFA 11+)
- Basic first aid and CPR
- Concussion management and return-to-play guidelines

Day 13: Performance Analysis and Feedback

- Performance analysis software and metrics
- Match analysis frameworks
- Feedback sessions: individual and team
- Using data to adjust training

Day 14: Coaching Special Populations and Diversity

- Coaching athletes with disabilities
- Gender-sensitive coaching
- Cultural competence
- Inclusive coaching practices

Day 15: Long-Term Athlete Development Models

- LTAD models (e.g., Canadian, South African)
- Talent identification and development
- Athlete transitions (e.g., junior to senior)
- Dual career support (sport and education)

Day 16: Coaching Ethics, Law, and Child Protection

- Duty of care and liability
- Child protection and safeguarding
- Ethical decision-making models
- Codes of conduct and disciplinary procedures

Day 17: Business and Administration for Coaches

- Session planning and administration
- Financial management basics
- Marketing and branding

- Record keeping and reporting

Day 18: Mentoring and Developing Assistant Coaches

- Mentoring models
- Delegation and supervision
- Feedback for coaches
- Building a coaching team

Day 19: Contemporary Issues and Innovation in Coaching

- Emerging coaching methodologies
- Technology integration (GPS, heart rate monitors)
- Anti-doping education
- Managing change in sport

Day 20: Integration, Assessment, and Certification

- Capstone project: training plan presentation
- Practical coaching demonstration
- Peer and facilitator feedback
- Certification requirements and next steps

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **45 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 123,700.00	R 123,700.00
1	In-House	R 160,800.00	R 160,800.00
1	On-Campus (Pretoria)	R 185,500.00	R 185,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
03 Aug 2026	29 Sep 2026	On-Campus	Johannesburg, South Africa
04 Aug 2026	30 Sep 2026	On-Campus	Mauritius
05 Aug 2026	01 Oct 2026	On-Campus	Cape Town, South Africa
06 Aug 2026	02 Oct 2026	On-Campus	Dubai, UAE
07 Aug 2026	05 Oct 2026	On-Campus	Pretoria, South Africa
07 Aug 2026	05 Oct 2026	On-Campus	Lagos, Nigeria
10 Aug 2026	06 Oct 2026	On-Campus	Durban, South Africa
10 Aug 2026	06 Oct 2026	On-Campus	Mauritius

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 110294) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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