



The Irish Athletic Boxing Association (**IABA**) are delighted to announce a new **FREE LEVEL 1 Coach Education Programme for Women** that will provide our female membership with the skills and confidence to coach in their boxing clubs. In addition to learning new skills and confidence to lead young boxing activities, candidates will learn;

- Roles and responsibilities of key personnel in an amateur boxing club (coach, referee/judge)
- The importance of respect and discipline within an amateur boxing club
- About opportunities to gain further knowledge of roles and courses in amateur boxing

### **How to book your place on this course: NOW ENROLLING**

We are offering this course on a first come first serve basis. You can book your place in one of two ways:

**Book email** – simply email [Geraldine@iaba.ie](mailto:Geraldine@iaba.ie) with your application form link in to website

**Book by Telephone** →+353 (0)1 4533371

### **About our Level 1 Coach Education Course**

**Day 1** 9.00 Registration & Sign in  
 9.30 Welcome  
 10.00 Basic skills of coach education  
 10.30 Coaching practice  
 11.00 Break  
 11.15 Demonstration on basic Punches  
 12.00 Coaching practice  
 12.20 How to teach a skill - IDEAL Method  
 12.30 Coaching practice  
 12.50 Debriefing, Questions & Answers

**Day 2** 9.00 Sign in  
 9.30 Outcomes  
 10.00 Coaching education, Roles & Teaching  
 11.00 Break  
 11.15 Coaching practice, Focus pads & Sparring,  
 12.00 Coaching Practice  
 12.50 Debriefing, Questions & Answers

**Day 3** 9.00 Sign in  
 9.30 Official Coach Education Course Content  
 11.00 Break  
 11.15 Course content of DAY 1 & Day 2  
 1.00 Lunch  
 4.50 Debriefing, Questions & Answer  
 Presentation of Official Coaching Card (Provisional coach identify card)

### **Dates & Venue:**

9.00-1.00pm Saturday 24 <sup>th</sup> September National Stadium	9.00-1.00pm Saturday 15 <sup>th</sup> October Kilkenny TBC	9.00-1.00pm Saturday 12 <sup>th</sup> November Wexford TBC
9.00-1.00pm Saturday 01 <sup>th</sup> October National Stadium	9.00-1.00pm Saturday 22 <sup>nd</sup> October Kilkenny	9.00-1.00pm Saturday 19 <sup>th</sup> November Wexford
9.00-5.00pm Saturday 08 <sup>th</sup> October National Stadium	9.00-5.00pm Saturday 29 <sup>th</sup> October Kilkenny	9.00-5.00pm Saturday 26 <sup>th</sup> November Wexford