



KARATE IRELAND

INTRODUCTION TO COACHING



AIM

The Assistant Coach course provides beginner coaches with the essential skills to assist senior coaches in delivering safe, structured, and engaging sessions for young athletes.

CONTENT

The content for this course includes.

1. Identify the role and responsibilities of a coach at this level
2. Assist in the delivery of safe and enjoyable coaching sessions under the supervision of a qualified coach
3. Observe participant performance and share observations with the supervising coach to support feedback.
4. Support in short coaching sessions, reflect on the experience, and organise them
5. Assist with a qualified coach in the personal growth and development of their participants according to the needs of the sport
6. Recognise the Importance of Warm-up and a cool-down
7. Recognise training sessions with safety in mind

DURATION

This is a 1-day course (8 hours).

ENTRY REQUIREMENTS

The Assistant Coach Course is open to anyone 16 years or older.

Hold a minimum grade of Karate 3rd Kyu (brown belt)

Be current members of the Irish Martial Arts Commission

Enrolment Numbers

It is only open to 12 participants

ASSESSMENT/ QUALIFICATION

It is done by.

1. Attendance & participation in the workshop
2. Short quiz at the end of each module
3. Observed in assisting in a session

COST

€90 – Included in the price for this course is the Karate Ireland Assistant Coach Manual.

DETAILS

Date: 14th March 2026

Venue: Newmarket on Fergus Committee Centre (V95RH93)

Time: 10.00hrs

For further information, don't hesitate to get in touch with Michael J. Hogan by email at michaelj.hogan@outlook.com or by telephone on 086 804 3088. Completed Introduction to Coaching application forms should be submitted via email to this address.