

# CRICKET AUSTRALIA HP COACHING COURSE CERTIFICATION

**COURSE OVERVIEW AND KEY DATES**



# HP COACH COURSE



The Cricket Australia High Performance (HP) Coaching Course is designed to support coaches working in HP environments and with HP athletes. The course will build awareness, skills and knowledge to support HP coaches to be successful in their roles.



## Program Delivery

The course runs over 7 months and involves multiple touch points including: online workshops, an intensive week run at the National Cricket Centre and communities of practice. Participants will embark on individual profiling and reflection to build self-awareness and understanding. In addition, priority will be placed on creating interactive and immersive environments where participants can learn from experts and each other.



## Course Content

The course content is based on knowledge, competencies and behaviours identified by the HP cricket system that coaches need to be successful in high performance roles. There are three key themes:

### Understanding Self and Others

- Understand individual coaching strengths and how to leverage them
- Build awareness of emotions and how to manage them in ourselves and others
- Understand how thinking patterns impact behaviours, perspectives and development
- Learn from our own and others' coaching journeys and map future aspirations
- Build strategies to form and sustain trusting relationships

### Working in Teams

- Understand the impact of psychologically safe environments and build strategies to create them
- Understand team dynamics principles and to how to create alignment within multidisciplinary team
- Build strategies for delivering balanced feedback and having critical performance conversations

### Technical Tactical Development

- Understand athlete development and skill acquisition principles
- Explore ways to improve skills and outcomes for HP athletes in specific discipline areas
- Understand sports science/medicine disciplines and their impact on Cricket
- Understand design principles for creating short and long-term individual performance plans that align to individual and team goals

# COURSE TIMELINE

