

SRF Bridging Course

Score structure

- Coaching skills: 60 point
- Skating skills: Compulsory(40) + Individual(90)
- Commitment: attendance, attitude etc. (10)

Total: 200 point, Candidates need to get 160(80%) points to pass it. *Conditional Pass

SRF Coaching Skills Components

- Safety – 1)Environment, 2)Physical & Psychological condition, 3)Skates equipment
- Presentation – 1)Clear information (delivery), 2)Correct terms & Sufficient content(3keys), 3)Confident
- Demonstration – 1)Correct, 2)Sufficient, 3)Clear(an angle of view) <----- I input this one.
- Monitoring and Adjustment (M&A) – 1)Observation, 2)Adjustment , 3)Reinforcement
- Recap – 1) Review what they learnt, 2) Independent practice, 3)Preview what they will learn.

Safety

SRF coach should check up below listed condition when he/she commences a class

- 1) Environment: Check a terrain, weather condition
- 2) Physical & Psychological condition
- 3) Skates equipment: Fully & physically check their equipment (lace, buckle, strap, brake pad, wheels, helmet, wrists, elbows and knees)

Presentation

SRF coach should be aware of those terminologies used in the inline-skating class and he/she is able to present it to students correctly and confidently.

- 1) Clear information (delivery): Volume of voice, effective gesture
- 2) Correct terms & Sufficient content (3keys): Coach can use the correct terms and can deliver it all when needed?
- 3) Confident: Tone of voice, Attract student gaze (Eye contact)

Demonstration

A demonstration is the fastest instruction and the most effective explanation in the sports education.

- 1) Correct: Coach should be able to demonstrate a correct performance.
- 2) Sufficient: Coach must show at least 3keys during the class.
- 3) Clear (an angle of view): How it can be clearly demonstrated? Coach should consider which direction and which angle is much effective accordingly the skating skill before he/she demonstrates it.

Monitoring and Adjustment (M&A)

Coach should provide immediate, frequent feedback for student per practice to improve incorrect performance and to enhance correct performance as well as he/she should be able to elicit student's feedback to evaluate their own strengths and weakness.

- 1) Observation: Coach must watch carefully whether student can follow up well or it is suitable exercise for their status.
- 2) Adjustment: An explicit feedback can be altered student's incorrect performance.
- 3) Reinforcement: Coach must provide additional tips or practice to improve and enhance student's performance.

Recap

Recap is an act of briefing, summarizing what they learnt and clarifying the point of a lesson.

- 1) Review what they learnt: 3keys.
- 2) Independent practice: Home work.
- 3) Preview what they will learn.