



1. OVERVIEW

The Singapore Shooting Association (“SSA”)’s Coaching Pathway and Accreditation Framework supports coaches of all levels starting from the beginner level to continental/international level. It is a four-tier coaching pathway covering Beginner Shooting Coach, Shooting Coach, Senior Shooting Coach and Master Shooting Coach. It provides information about the appropriate coaching audiences and levels, the mandatory experiences that are deemed necessary at these levels and the courses that need to be completed by the coaches in the pursuit of their respective coach status and accreditation. The SSA continues to work closely with Sport Singapore to align our coach education and development initiatives with the larger Sport Singapore’s Singapore Coach Excellence (“SG-Coach”) Programme and National Registry of Coaches (“NROC”)’s accreditation system.



2. COACHING PATHWAY & ACCREDITATION FRAMEWORK

Proposed SSA Coaching Pathway and Accreditation Framework	Beginner Shooting Coach	Shooting Coach	Senior Shooting Coach	Master Shooting Coach
Appropriate Coaching Audience	For coaching novice or recreational participants	For coaching novice participants or participants with basic skills in community/schools <u>OR</u> For coaching competitive athletes in their early years of competitions at National level	For coaching competitive athletes competing at Regional or Continental level	For coaching high-performance athletes competing at international level
Appropriate Coaching Level	Schools and Clubs	Schools, Clubs and National Youth Team	National Youth Team and/or National Team	National Team
Mandatory Experience	Competed in at least two SSA-organized/sanctioned local competitions and attained MQS in relevant shooting disciplines		At least two years of continuous coaching experience at Development level and feeder to National Youth Team	At least two years of continuous coaching experience at High Performance level and feeder to National Team
Associated SG-Coach Level	N.A.	SG-Coach Level 1	SG-Coach Level 2	SG-Coach Level 3
NROC Accreditation	Provisional Coach	Coach	Senior Coach	Master Coach
Courses to Complete and/or Attainment to Achieve	VPS Std FA with AED	SG-Coach Technical Level 1 SG-Coach Theory Level 1 FSS Std FA with AED <u>OR</u> SG-Coach Integrated Level 1 Std FA with AED <u>OR</u> ISSF Class D	ISSF Class C VPS Std FA with AED	ISSF Class B <u>OR</u> ISSF Class A VPS Std FA with AED
End				



Notes:

- a. Coaches must complete the courses listed under each of the respective coach level to be eligible for the NROC accreditation. For more information, please refer to <https://www.sportsingapore.gov.sg/athletes-coaches/coaches-corner/national-registry-of-coaches/how-to-be-an-nroc-coach> Application for NROC can be submitted at <https://www.sportsync.sg>
- b. SSA conducts the SG-Coach Technical Level 1 and Integrated Level 1 courses locally. The ISSF conducts the ISSF Class D, Class C, Class B and Class A courses internationally, these are equivalent of SG-Coach Integrated or technical Level 1 / 2 / Level 3.
- c. CoachSG conducts the SG-Coach Theory Level 1. For more information, please refer to <https://www.sportsingapore.gov.sg/athletes-coaches/coaches-corner/singapore-coach-excellence-programme-sg-coach/sg-coach-level-1-theory-programme>
- d. Standard First Aid ("Std FA") with AED is subjected to a 2-year validity. For more information, please refer to <https://www.sportsingapore.gov.sg/athletes-coaches/coaches-corner/national-registry-of-coaches/accredited-standard-first-aid-with-aed-courses>
- e. Values and Principles in Sports ("VPS") certification only need to be attained once. For more information, please refer to <https://www.sportsingapore.gov.sg/sports-education/values-andprinciples-in-sports>
- f. CoachSG conducts the Foundation Sport Science ("FSS"). For more information, please refer to <https://www.sportsingapore.gov.sg/coaches-corner/singapore-coach-excellence/foundational-and-intermediate-sports-science-courses/>
- g. Coaches coaching in MOE schools must be registered with MOE. For more information, please refer to <https://beta.moe.gov.sg/programmes/cca/register/>
- h. For more information pertaining to the Minimum Qualification Score ("MQS"), please refer to https://www.issf-sports.org/competitions/ogqualification/youth_mqs_qualifiers.ashx
- i. For more information pertaining to the courses conducted by SSA and ISSF, please refer to Para 5, Appendix A to E



3. RECOGNITION OF PRIOR LEARNING

Coaches who have relevant overseas shooting qualifications could apply via <https://bit.ly/36J4R2F> and duly submit the required documents for SSA's consideration and approval, at its sole discretion, for a Recognition of Prior Learning ("RPL") in order to obtain the SG-Coach certification for Shooting. The RPL is the acknowledgement of experience, skills and knowledge which may come in the form of trainings, coaching achievement, work experience and academic achievements.

The SSA RPL Panel chaired by the Honorary Secretary, or his delegate as authorized by him shall deliberate and decide on the issuance of the support letter. The Panel may also decide, amongst other things, on the need of a competency assessment and/or observation period as it deems appropriate. A CoachSG representatives also sits on the Panel.

A successful applicant will be awarded with a Letter of Support from the SSA. He/she must still complete the VPS, FSS and Standard First Aid with AED to be considered for full NROC accreditation:

For more information, please refer to Para 5, Appendix E

SSA reserves the right to waive or approve accreditation for similar coaching certifications from other federations/ countries/ organisations. Any application for waiver and alternative accreditations must be presented to the SSA RPL Panel or equivalent and must be supported by valid detailed transcripts in English and letter of support by respective federations/embassies.

All applications for waiver or accreditation may be subjected to a competency assessment and/or probative observation period and will be decided by the SSA RPL Panel or equivalent. Administrative fee may apply to applications for waiver, accreditation and competency assessments.



4. SPORTSG-NROC AND CONTINUING COACH EDUCATION PROGRAMME

The NROC was launched in 2003 to raise the standard and professionalism of sports coaching in Singapore. It aims to ensure that coaches meet baseline qualifications, that coaches continue to practise and improve, and that coaches provide a safe environment for their athletes.

The Continuing Coach Education (“CCE”) programme provides coaches the platform to continually upgrade themselves in their area of coaching. NROC requires coaches to upgrade themselves continually to maintain high coaching standards. NROC membership is valid for three years and during the period, coaches are expected to accumulate minimum learning hours by attending regular CCE activities. For more information, please refer to <https://www.sportsingapore.gov.sg/athletes-coaches/coaches-corner/continuing-coachdevelopment/continuing-coaching-education>

5. REACCREDITATION FOR DELISTED NROC COACHES

Delisted NROC (shooting) Coaches may apply for reaccreditation by completing the SSA’s Community Coach Program (CCP) including 10 hours attachment. Their competency will be assessed by SSA representative. Upon successful completion, coaches are eligible to reapply to NROC.

6. APPENDICES

Appendix A: SG-Coach Technical Level 1 – Shooting (Pistol & Rifle) (Shotgun)

Appendix B: SG-Coach Integrated Level 1 – Shooting (Pistol & Rifle)

Appendix C: ISSF National Coach Pistol / Rifle / Shotgun

Appendix D: ISSF Coach and Pro Coach Pistol / Rifle / Shotgun

Appendix E: Administrative and Course Fees



Appendix A : SG-Coach Technical Level 1 – Shooting (Pistol & Rifle)

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. Shooting Competency 	<ol style="list-style-type: none"> 1. Introduction to Shooting 2. Equipment 3. Safety & ISSF Rules 4. Shooting Technique 5. Physical Conditioning 6. Training methods 7. Role of a coach 8. Competency Assessment <ol style="list-style-type: none"> a. Pre-Course Homework b. Practical Coaching c. Examination d. Post Course Homework 	<ol style="list-style-type: none"> 1. ISSF Class D (Pistol & Rifle) 2. NCAP Technical Level 1 (shooting)

Appendix A : SG-Coach Technical Level 1 – Shooting (Shotgun)

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. Shooting Competency 	<ol style="list-style-type: none"> 1. Introduction to Shooting 2. Equipment 3. Safety & ISSF Rules 4. Shooting Technique 5. Physical Conditioning 6. Training methods 7. Role of a coach 8. Competency Assessment <ol style="list-style-type: none"> a. Pre-Course Homework b. Practical Coaching c. Examination d. Post Course Homework 	<ol style="list-style-type: none"> 1. ISSF Class D (Shotgun) 2. NCAP Technical Level 1 (shooting) 3. FITAS Coach License *

*TBD – to be determined



Appendix B : SG-Coach Integrated Level 1 - Shooting (Pistol & Rifle)

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 	<ol style="list-style-type: none"> 1. Introduction to Course 2. Sports Development System 3. Values and Principles (VPS) 4. Foundation Sport Science 5. Risk Assessment Management System (RAMS) 6. Introduction to exercises and sports sciences 7. Long Term Athlete Development (LTAD) 8. Biomechanics and Technique 9. Sports Physiology 10. Strength and Conditioning 11. Recovery and Nutrition 12. Sports Psychology 13. Planning 14. Delivery Methods 15. Building a Positive Culture 16. Observation and Practical Sessions 17. Competency Assessment 	<ol style="list-style-type: none"> 1. NCAP Integrated Level 1 – Shooting



Appendix C : ISSF Class C – Pistol

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. SSA endorsement 5. NROC Coach 	<ol style="list-style-type: none"> 1. Requirements for building a correct shooting stance 2. The leg position 3. The body position 4. The arm and hand positions 5. The head position 6. The gun gripping technique 7. Methodology of approaching and take shooting position <ol style="list-style-type: none"> a. Air Pistol b. Sport Pistol c. Rapid Fire Pistol 8. Establishing middle line of position 9. Establishing “Zero Point” in the middle of the target 10. Position correction for each discipline 11. Correction of grip and proper grip fitting 12. Exercises for developing basic shooting skills 13. Work with beginners – didactical approach, sitting position, standing position with support. 14. Developing Shooting School System. 15. Motivational climate for optimal learning and performance 16. Performance profiling 17. Goal Setting 18. Communication and coach-athlete interaction 19. Instructions and feedback for skill learning and improvement 	<ol style="list-style-type: none"> 1. ISSF Class C License (Pistol)



	<ol style="list-style-type: none">20. Principles of physical training21. Establishing a functional motivational climate for learning and performance22. Executing shooting tasks based on individualized process, performance and outcome goals23. Communicating effectively with the athletes24. Providing the athletes with effective instructions for learning and improvement25. Providing the athletes with performance reinforcement and feedback26. Providing the athletes with effective feedback for error correction	
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Appendix C : ISSF Class C – RIFLE

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. SSA endorsement 5. NROC Coach 	<ol style="list-style-type: none"> 1. Technical analysis for rifle discipline <ol style="list-style-type: none"> a. Standing b. Prone c. Kneeing 2. Biomechanics analysis of the position <ol style="list-style-type: none"> a. Feet, legs and hips b. Back and shoulder c. Left arm and elbow d. Right arm e. Head f. Position of butt plate around the shoulder g. Body balance, Rifle balance, balance system shooter-rifle h. Various position modification i. Position and size of the shooting cushion j. Length of the sling k. Differences in position between Air Rifle and Free Rifle. 3. Methodology of approaching and taking shooting position <ol style="list-style-type: none"> a. Standing b. Prone c. Kneeling 4. Establishing middle line of position 5. Establishing “Zero Point” in the middle of the target 6. Position correction for each position 	<ol style="list-style-type: none"> 1. ISSF Class C License (Rifle)



	<ol style="list-style-type: none">7. Exercises for developing basic shooting skills8. Work with beginners – didactical approach, sitting position, standing position with support9. Developing Shooting School System.10. Motivational climate for optimal learning and performance11. Performance profiling12. Goal Setting13. Communication and coach-athlete interaction14. Instructions and feedback for skill learning and improvement15. Principles of physical training16. Establishing a functional motivational climate for learning and performance17. Executing shooting tasks based on individualized process, performance and outcome goals18. Communicating effectively with the athletes19. Providing the athletes with effective instructions for learning and improvement20. Providing the athletes with performance reinforcement and feedback21. Providing the athletes with effective feedback for error correction	
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Appendix C : ISSF Class C – Shotgun

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. SSA endorsement 5. NROC Coach 	<ol style="list-style-type: none"> 1. The shooting stance 2. The body position 3. The arm and hand positions 4. The head position 5. The gun hold position 6. The eye hold position 7. Methodology of approaching and taking shooting position 8. Position correction for each discipline 9. Exercises for developing basic shooting skills 10. Work with beginners – didactical approach, skeet position, trap position 11. Developing Shooting School System 12. Motivational climate for optimal learning and performance 13. Performance profiling 14. Goal Setting 15. Communication and coach-athlete interaction 16. Instructions and feedback for skill learning and improvement 17. Principles of physical training 18. Establishing a functional motivational climate for learning and performance 19. Executing shooting tasks based on individualized process, performance and outcome goals 20. Communicating effectively with the athletes 	<ol style="list-style-type: none"> 1. ISSF Class C License (Shotgun)



	<ol style="list-style-type: none">21. Providing the athletes with effective instructions for learning and improvement22. Providing the athletes with performance reinforcement and feedback23. Providing the athletes with effective feedback for error correction	
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Appendix D : ISSF Class B / ISSF Class A – Pistol

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. SSA endorsement 5. NROC Senior Coach 	<ol style="list-style-type: none"> 1. Vertical movement to target (for precision, sport pistol and rapid fire) 2. Horizontal movement with transition Rapid Fire Pistol 3. Sighting technique for precision disciplines 4. Sighting Techniques for Rapid Fire and Sport Pistol 5. Sighting Technique for Rapid Fire Pistol (vertical and horizontal) 6. Follow through 7. Shooting in different weather condition 8. Gun maintenance 9. How to aim 10. Approaching center of the target 11. Grip and gripping 12. Aiming – Breathing coordination 13. Detecting critical point based on shot group 14. Corrections of the most common mistakes 15. Tactics in Shooting 16. Shooting Dairy 17. Use of optoelectronic equipment. 18. Gun and ammo testing 19 Motor abilities and skills 20 Motor skill learning and performance 21 Massed and distributed practice 22 Constant and variable practice 	<ol style="list-style-type: none"> 1. ISSF Class B for ISSF Coach 2. ISSF Class A for ISSF Coach Pro



	<ol style="list-style-type: none">23 Blocked and random/serial practice24 Whole and part practice25 Scheduling and planning activities26 Mental practice27 Breathing and muscle tension/relaxation technique for arousal self-regulation28 Establishing instructional priorities according to the stages of learning29 Applying drills according to the principle of constant and variable practice30 Applying drills according to the principle of blocked and random/serial practice31 Combining practice variability and contextual interference principles32 Using mental practice and self-regulation techniques	
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Appendix D : ISSF Class B / ISSF Class A – RIFLE

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. SSA endorsement 5. NROC Senior Coach 	<ol style="list-style-type: none"> 1. Aiming and Sighting Technique – Standing, Prone and Kneeling 2. Triggering Technique – Standing, Prone and Kneeling 3. Breathing Technique – Standing, Prone and Kneeling 4. Shooting in different weather conditions 5. Gun maintenance 6. How to aim 7. Size of the ring and opening of the blend 8. Approaching center of the target 9. Grip and gripping 10. Aiming – Breathing coordination 11. Detecting critical point based on shot group 12. Detecting critical points based on rifle recoil 13. Corrections of the most common mistakes 14. Tactics in Shooting 15. Shooting Dairy 16. Use of optoelectronic equipment. 17. Gun and ammo testing 18. Motor abilities and skills 19. Motor skill learning and performance 20. Massed and distributed practice 21. Constant and variable practice 22. Blocked and random/serial practice 23. Whole and part practice 	<ol style="list-style-type: none"> 1. ISSF Class B for ISSF Coach 2. ISSF Class A for ISSF Coach Pro



	<ol style="list-style-type: none">24. Scheduling and planning activities25. Mental practice26. Breathing and muscle tension/relaxation technique for arousal self-regulation27. Establishing instructional priorities according to the stages of learning28. Applying drills according to the principle of constant and variable practice29. Applying drills according to the principle of blocked and random/serial practice30. Combining practice variability and contextual interference principles31. Using mental practice and self-regulation techniques	
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Appendix D : ISSF Class B / ISSF Class A – Shotgun

Requirements	Competencies / Modules / Areas of learning	Equivalent / Recognised Qualifications and Certifications
<ol style="list-style-type: none"> 1. Must be 18 years of age 2. Club membership 3. Club endorsement 4. SSA endorsement 5. NROC Senior Coach 	<ol style="list-style-type: none"> 1. Initial movement to target 2. Transition phase of movement 3. Sight picture 4. Triggering 5. Post-shot action 6. Shooting styles 7. How to determine when to move to the target 8. Good and bad components of different styles 9. Shooting in different weather conditions 10. Corrections of the most common mistakes 11. Tactics in Shooting 12. Shooting Dairy 13. Use of optoelectronic equipment. 14. Ammo testing 15. Motor abilities and skills 16. Motor skill learning and performance 17. Massed and distributed practice 18. Constant and variable practice 19. Blocked and random/serial practice 20. Whole and part practice 21. Scheduling and planning activities 22. Mental practice 23. Breathing and muscle tension/relaxation technique for arousal self-regulation <p>Sport Science – practical</p>	<ol style="list-style-type: none"> 1. ISSF Class B for ISSF Coach 2. ISSF Class A for ISSF Coach Pro



	<ol style="list-style-type: none">24. Establishing instructional priorities according to the stages of learning25. Applying drills according to the principle of constant and variable practice26. Applying drills according to the principle of blocked and random/serial practice27. Combining practice variability and contextual interference principles28. Using mental practice and self-regulation techniques	
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Appendix E: Administrative and Course Fees

Description	Fees	Remarks
Recognition of Prior Learning (RPL) Application	TBA	Submit online application at https://bit.ly/36J4R2F and follow up with an email to ssde@singaporeshooting.org with the subject " RPL – YOUR NAME "
SG-Coach Integrated Level 1 – Pistol & Rifle	TBA	
SG-Coach Technical Level 1 – Pistol & Rifle ISSF Class D	TBA	
SG-Coach Technical Level 1 – Shotgun ISSF Class D	TBA	
ISSF Class C	TBA	Enrolment is subjected to ISSF's discretion and International Travel may apply.
ISSF Class B/A	TBA	Enrolment is subjected to ISSF's discretion and International Travel may apply.