



CASE STUDY – John Paul Academy Glasgow

Introduction to Coaching Award (ITC)

Tell us about your ITC journey



At John Paul Academy we introduced a Netball Academy in August 2022 which pupils in S1 had the opportunity to trial for.

S1 pupils attended the Netball Academy in which they develop the physical skills and fitness needed for the game, as well as personal skills such as confidence, communication and teamwork.

This programme ran alongside our Senior Netball Coaching programme, in which pupils in S5 & 6, completed their **Introduction to Netball Coaching Award**.

The S5&6 pupils led the pupils in the Netball Academy and also delivered coaching sessions in 5 of our local primary schools. The leaders also led an S1 tournament between 6 schools.

Some of our Netball Leaders have progressed onto assistant coaching roles at Summerston Netball Club.



Tell us about the impact



We have more enthusiasm for Netball throughout the school.

Pupils in all stages of the school are developing as players, coaches and umpires. They are developing their netball skills and fitness, as well as displaying:

- confidence
- resilience
- communication and teamwork skills
- planning, evaluating and organisational skills
- responsibility
- Empathy

The leaders achieved their Introduction to Coaching Award, and their SCQF Level 5 Sports Coaching.

The pupils have been an asset to the PE department, helping with our clubs and events. They have been ambassadors for the sport and excellent role models to our younger pupils.



Would you recommend the ITC



Yes!!

10 years ago, no pupil in the school played netball and there was little provision for netball in the local community.

Over the past 10 years Netball has grown in the school - both in the curriculum and in terms of after-school opportunities.

We have also been working to bridge the gap between school and club netball, overcoming barriers of location, transport etc.

We hope this programme will encourage lifelong participation in Netball as players and coaches. We hope that they can use the skills developed in life, learning and work.

This programme has given them confidence and a belief in themselves.



Interested in signing your school up for the Introduction to Coaching course?



[Check our website for more info](#)



The Introduction to Coaching Award is the first step on the coaching pathway.



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