

Diving Coach Development Model

LTADM

Sport Entry

Goal is to ensure kids learn the basics, enjoy diving and stay involved.

Coach levels: Instructor-Beginner and Instructor-Intermediate
Training Sessions per week: 2-3

Technical Foundations

Priorities: Learn all the basic skill sets
Important Stage for future development of divers

Coach level: Competition-Introduction (Level 2)
Training Session per week: 3-4

Competitive Foundations

Priorities: Apply the basic skill sets to dives performed in competition; expand the skill set & assemble competitive dive list
Coach level: Competition-Development (Level 2-3)
Training Sessions per week: 4-5

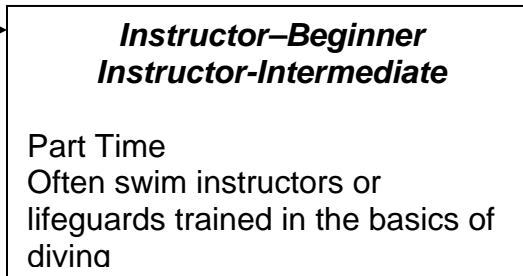
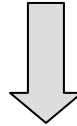
Consolidation

Goal – Consolidate the acquired skills and to reach diving potential.
Coach level: Competition-Development to Competition-High Performance (Level 3-4)
Training Sessions per week: 5-8

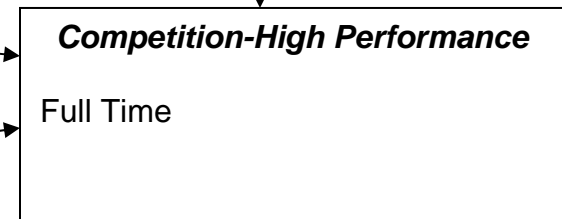
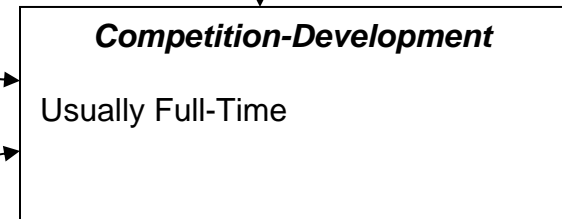
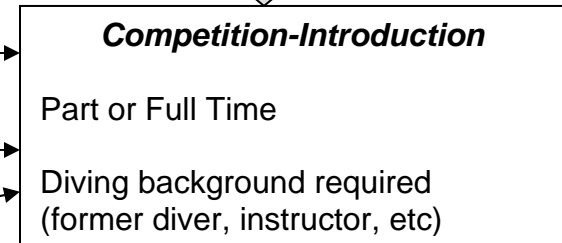
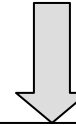
Realization

Realization of sport career potential
Coach level: Competition High Performance (Level 4-5)
Training Sessions per week: 5-8

Instruction Stream



Competition Stream



Note: There are very few coaches in the competitive stream that return to being instructors.