



COACH DEVELOPMENT PIPELINE

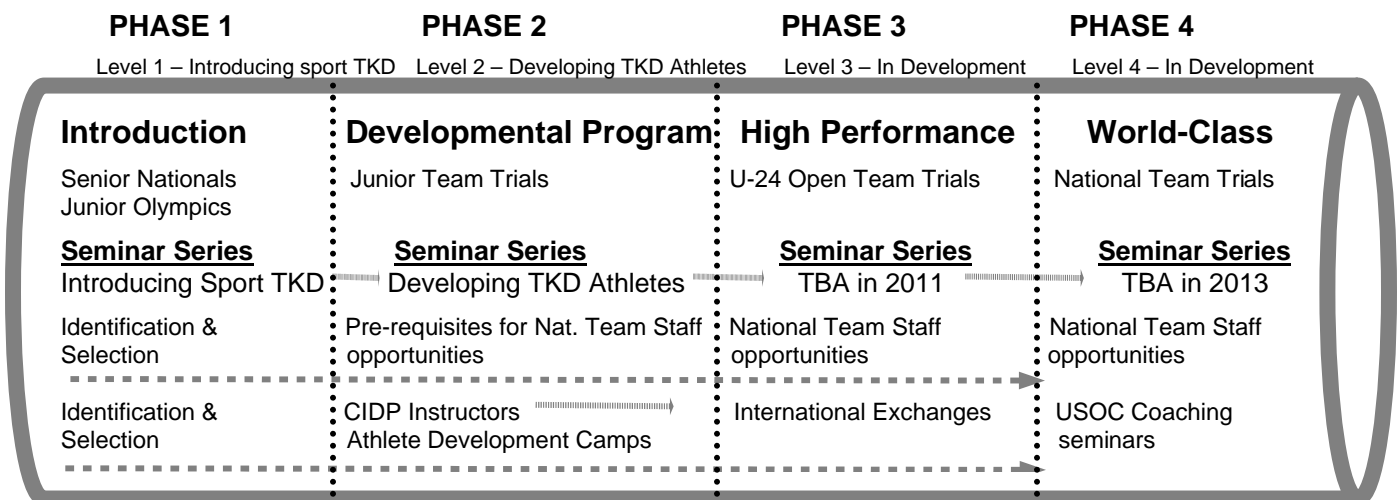
The identification and development of athletes at any level requires a systematic approach along with the simultaneous identification and development of coaches. To achieve this, USA Taekwondo (USAT) has developed a comprehensive Coach Identification and Development Program (CIDP) that is athlete-centered, coach-driven, competency-based and performance orientated.

Just as USAT has an **Athlete Pipeline**, the CIDP represents the coaching pipeline for coaches to progress. The CIDP serves as an identification vehicle for coaches that wish to progress in the coaching field within USAT. This pathway leads to a number of possible opportunities, which include serving as a future instructor for the CIDP, serving as a coach for other USAT developmental programs, being eligible for international exchanges as well as working within the U.S. National Team structure that all leads to the Olympic Games.

USA Taekwondo has established an athlete and coach development pathway that progresses along four phases of development. These phases are identified as: 1) Introductory; 2) Developmental; 3) High Performance; 4) World-Class.

Within each phase, athletes as well as coaches are expected to possess a certain level of skills, techniques, strategies and tactics necessary to be successful in the sport of Taekwondo. It is the role of the coach to teach and develop these skills, techniques, strategies and tactics. Then, as athletes mature and their skills are enhanced through training and competition, coaches are encouraged to continue their development in concert with their athlete, so that they have the requisite skills and knowledge to assist the athlete as he/she progresses along these phases of development.

COACH IDENTIFICATION & DEVELOPMENT PROGRAM (CIDP)



The chart above depicts the pathway of the standard curriculum (Levels 1 – 4) for the CIDP.

In order to ensure that all USAT members who are interested in coaching have a base understanding of the sport and organization, all coaches who are new to the CIDP would begin their journey with the Associate Coach phase of development before starting the standard curriculum of Levels 1 through 4.

Associate Coach Program

In the **ASSOCIATE COACH** Phase of development, the coach is introduced to the sport of Taekwondo and taught the basic fundamentals of sport and non-sport specific elements to be successful. The Associate Coach Phase would include experienced coaches who are new to the CIDP system. The AC program is valuable to a new coach because it also provides information that pertains to the structure of the coaching program, therefore, illuminating the path and opportunities that are available for coaches who wish to advance along the coaching pipeline. These objectives are accomplished through an online Associate Coach (AC) Seminar. This phase serves as the first step in the coach identification process and as the launching point for future opportunities.

Introduction Programs

In the **INTRODUCTORY** Phase, the coach will be introduced to a competency-based approach to understand how to coach fundamentals and implement national standards of skills, techniques, strategies and tactics that are necessary to be successful in competitive matches. It is at this phase where Sport Science and Technology become integrated into the development process. The identified objectives are achieved through the Level I – Introducing Sport Taekwondo seminar.

An Introductory taekwondo coach has the opportunity to be identified for a number of potential developmental opportunities that include becoming a potential CIDP instructor and working with one of the National Team coaching staff members.

Developmental Programs

In the **DEVELOPMENTAL** Phase, the coach acquires a more comprehensive understanding of Sport Science principles and its application to coaching Olympic-style taekwondo. The curriculum builds upon the knowledge provided in Level 1 by incorporating advanced techniques and tactics. The Level 2 – Developing Taekwondo Athletes and Coaches seminar, includes content contributed by the United States Olympic Committee to provide the coaching membership with cutting edge information.

A Developmental taekwondo coach has the opportunity to be identified for a number of potential developmental opportunities that include Athlete Development Camps, becoming a potential CIDP instructor, and working within the National Team coaching staff structure.

Future Development

In the years to come, additional levels of the program will be implemented so that every USAT coach can continue to grow and maintain their competency level. The goal of the program is to create coaches of the highest caliber while defining the standard for

excellence in the Olympic sport of Taekwondo. The CIDP is designed to provide coaches with the most respected certification in our sport.

Additional levels of the CIDP are being developed which are based upon High Performance and World Class standards that include: periodized athlete training, athlete and key factor analysis, tactical planning, understanding tendencies, maintenance and tapering strategies.

The initial description of High Performance and World Class Phases for coach development are as follows:

High Performance

In the **HIGH PERFORMANCE** Phase, a coach is expected to teach an athlete a certain level of instinctive awareness and to understand the various tactical, technical, mental, physical and physiological components that are necessary to be successful in the sport for international competition.

This stage of the development process represents the opportunity to provide athletes with international caliber experience that leads to becoming World Class athletes. The complementing resources and programs of Sport Science and Technology in the CIDP progress from the Developmental phase in areas that include sport and non-sport specific elements.

The High Performance phase also serves as additional opportunities for coaches to gain eligibility for potential international exchanges, to have greater opportunities to serve as an instructor in Athlete Development Camps as well as the CIDP, and opportunities to work within the National Team Staff structure.

World Class

In the **WORLD CLASS** Phase, the coach has the ability to display an exceptional understanding of the sport and mastery of skills and techniques. A World Class coach is equipped with incontestable situational responsiveness, a sense of timing that enhances the execution of strategies and tactics in match competition on the world stage and is able to translate this to the athlete to achieve sustained competitive excellence.

World Class serves as the pinnacle of athlete and coach development. With such importance placed upon performance goals and the margin between gold and silver only .02 of 1%; athlete and coach development planning, technologies, program content, attributes of world-class athletes and coaches, program delivery and execution are incorporated and succinct.

The World Class Phase includes full services of Sport Science and Technology to enhance the attributes of the coach, who in turn prepares the athlete to fully understand and execute the attributes that are required to be competitive at the World Class level. This is completed through various world-class competitions, exchanges, international coaching seminars and through the CIDP Level 4 curriculum.

For all Coach, Athlete or National Team inquiries, please contact the Director of National Programs, Eddie Yoon at edward.yoon@usa-taekwondo.us