

SG Coach Level 1 Integrated 2024

S/N	Date, Time	Duration	Topic	Delivery Mode	Venue
1.	23 – 29 May 0800 (23/5) – 1700 (29/5)	Closing date 29 May, 5pm	Express of Interest	Online, BAS website	Online
2.	9 June Saturday 1200 - 1500	3 hrs	Physical Assessment Test	F2F	SBC Court 1/2
3.	5 July Friday 1900 - 2200	3 hrs	Course Expectations and Resources' Introduction Roles and Values	F2F	BAS Conference Room
4.	6 July Saturday 0930 – 1230	3hrs	Offensive Basketball Skills	F2F	SBC Court 1/2
5.	7 July Sunday 0930 – 1230	3hrs	Offensive Basketball Skills	F2F	SBC Court 1/2
6.	12 July Friday 1900 - 2200	3hrs	Offensive Basketball Skills	F2F	SBC Court 1
7.	13 July Saturday 0930 – 1230	3hrs	Defensive Basketball Skills	F2F	SBC Court 1/2
8.	14 July Sunday 0930 – 1230	3hrs	Defensive Basketball Skills	F2F	SBC Court 1/2
9.	19 July Friday 1900 – 2200	2hrs	Values and Principles / Games for Life	F2F	BAS Conference Room
10	20 July Saturday 0930 – 1230	3hrs	FIBA Rules	F2F	BAS Conference Room
11	21 July Sunday 0830 – 1230	3hrs	Practical Assessment	F2F	SBC Court 1/2
12	TBC	2hrs	Foundational Sports Science	F2F	TBC
13	TBC	2hrs	Coach-SG Theory Test	F2F	TBC

Breakdown

S/NF	Mode	No of session	No of hours	Remarks
1.	F2F	8	15	Excluding physical test and theory test
2.	Online	4	8	Excluding test
Total		12	23	