A large majority of state sporting organisations conduct development programs for coaches under the auspices of the NCAS. Courses are available at four levels:

Courses of 4-6 hours provide the beginner coach with an introduction to coaching information, skills and responsibilities. The course emphasises the practical aspects of coaching.

Teachers who obtain a Level 'O'' will:

- be able to organise an effective coaching session
- understand how children in sport are different from adults in sport
- be able to teach basic sporting skills
- develop the confidence to provide quality coaching
- be aware of the benefits of modified sport for children
- acquire up-to-date coaching knowledge
- be able to provide the safest possible sporting environment.

Aims to develop practical coaching knowledge and skills for the beginner coach. Coaching principles, practical coaching and coaching practice are integral components of the course.

Are more demanding, providing knowledge necessary to coach up to state (elite level).