

Club and Coach Education 2012

Sports Psychology Workshop

3hr Workshop – April 28th 2012



The workshop looks at sports psychology that can be used in any club coaching setting. Overall the focus is developing mental toughness in your athletes, in depth goal setting and how it benefits them and you as a coach.

'The course was tailored to meet the needs of all present – not easy with coaches from both "individual" & "team" sports & coaches of "elite" to "kids" – we were involved in the course throughout & were able to take away session plans & ideas that will make a real difference to our coaching.'

(Andy Stout, Rugby Coach)

Fundamentals of Movement

3hr Workshop – 26th March 2012



This workshop looks at giving the coach further games and ideas around the fundamentals of movement whilst looking at the concept of agility, balance and co-ordination.

A must for all junior coaches and but also great ideas to use with older age groups and seniors. The workshop is tutored by Multi Skills expert and Children's Coach of the Year 2008 Gordon Fearn.

'Fundamentals of Movement - people need to do this workshop just to see Gordon in action and learn about ABC development.'

(Paul Maylard - Mason, Cricket Coach)

The Fundamentals of Movement is an accredited workshop; participants will be sent their certificate 4 – 6 weeks from the workshop.