



# GIVE YOUR **COACHING** THE EDGE

Find out how with sports coach UK

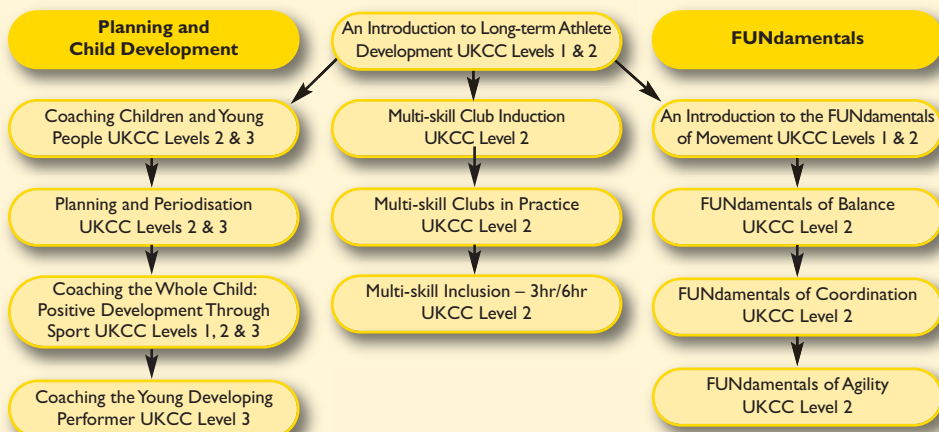
Improve your coaching with sports coach UK

# CONTINUING PROFESSIONAL DEVELOPMENT WORKSHOPS

sports coach UK is a charitable organisation and the lead agency for the development of the UK Coaching System. We are dedicated to developing coaching and individual coaches across the UK.

Read on to find out how you can make the most of many sports coach UK workshops and other learning opportunities – helping to give your coaching the edge!

## A Coach's Learning Journey





Supporting resource

## Equity in Your Coaching

3 hours

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. This workshop will show you the best ways to make this a reality. Through practical advice, you'll learn how to apply your existing skills and experience to make your coaching sessions more accessible.



Supporting resource

## Safeguarding and Protecting Children in Sport (SPC1)

3 hours

This workshop will help you to recognise and respond appropriately to issues of child abuse and protection. It will also give you the best-practice tools you need to ensure you're providing a positive and enriching sporting experience for children.

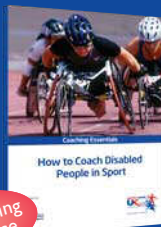


Supporting resource

## Safeguarding and Protecting Children in Sport 2: reflecting on practice (SPC2)\*\*

3 hours

You can now reinforce your understanding of safeguarding every three years without repeating SPC1. In this refresher session, you'll consolidate and update everything you learnt in the first workshop (SPC1). Plus, you'll have the opportunity to share with other coaches and learn from their experiences to help you create a positive, child-centred sporting environment.



Supporting resource

## How to Coach Disabled People in Sport

2 hours

This workshop will answer your questions about coaching disabled sports participants. You'll gain the confidence and understanding to make any appropriate adjustments to the ways in which you already work and become a more effective coach in meeting the needs of disabled sportspeople.

\* Minimum Operating Standards are defined as requirements which apply to all coaches, regardless of their level of qualification or their sport, and which are seen as the basic standards a coach needs to meet to carry out their role safely and effectively.

\*\* To attend this workshop, you must have already completed SPC1.

## Inclusion and Diversity Workshops



Supporting resource

## Coaching Disabled Performers

3 hours

Do you already have experience of coaching disabled performers? If so, this workshop is perfect for you to extend your current coaching skills. It's also an excellent opportunity to share your opinions with other coaches, learn from each other and gain additional knowledge and confidence. This workshop will help you to identify how you might need to adjust your coaching practice to meet the specific needs of sportspeople of different abilities.

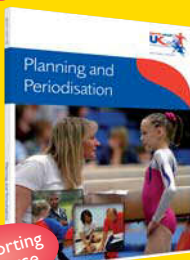


Supporting resource

### Coaching Children and Young People

3 hours

After just three hours, you'll be able to plan and deliver engaging sessions that will maximise young participants' learning and enjoyment. You'll learn all the key information about children's physical growth, social and emotional development and early skill learning. Not only that, but you'll also pick up plenty of useful, best-practice advice on adapting your coaching style to a child's individual needs at the different stages of his or her development.



Supporting resource

### Planning and Periodisation

3 hours

Help your athletes reach peak performance at exactly the right time. By attending this workshop, you'll know how to assess the needs of different age groups and abilities – and plan the most appropriate sports programmes for them. Your tutor will take you through the different methods of assessing athletes' needs and performance so you'll have a thorough understanding of how to create and amend the most effective plans, set goals for performers and monitor their progress effectively.



Supporting resource

### Coaching the Whole Child: Positive Development Through Sport

3 hours

Do you coach children up to 12 years of age? If so, this is an exciting chance for you to reconsider the emphasis of your coaching and enhance the experience of your young participants in the process. If you, as a coach, truly believe in, and are committed to, developing children both in and through sport then this is the workshop for you! Crucially, you'll learn how to incorporate positive youth development into your sessions as a coaching outcome. Using the 5 Cs for Coaching: Competence; Confidence; Connection; Character and Caring; and Creativity, you can help young people realise their full potential.



Supporting resource

### Coaching the Young Developing Performer

3 hours

When you're training growing youngsters, regardless of age and ability, you need to know exactly where their bodies are at in terms of development – especially during puberty. In this workshop, you'll learn the skills you need to assess the needs and skills of budding performers of both genders and monitor their individual biological markers to help you develop realistic coaching programmes that produce results.

For information on your nearest workshop, go to the workshop finder at

[www.sportcoachuk.org/cpd](http://www.sportcoachuk.org/cpd)



## FUNdamentals of Movement

The early years of life are ideal opportunities for children to learn to develop the key physical literacy skills that impact on their ability to play and, in some cases, excel in sport later in life. By moving through this series of workshops, you will be in the best possible position to ensure they can participate in sport and reach their potential.



Supporting resource

### An Introduction to the FUNdamentals of Movement

3 hours

If you want to help children to master the fundamental techniques of movement in a fun and progressive way – from stability to rhythm and from acceleration to jumping and kicking – then this workshop's definitely for you! You'll come away with an understanding of the concepts of agility, balance and coordination, as well as appreciating the importance of play, fun and enjoyment in sport.



Supporting resource

### FUNdamentals of Agility

3 hours

This workshop builds upon the 'An Introduction to the FUNdamentals of Movement' workshop. With both under your belt, you'll gain a solid, detailed understanding of the principles of FUNdamentals and, specifically, agility. You'll learn how to apply FUNdamentals techniques practically, using sport-specific guidance to improve movement skills.



Supporting resource

### FUNdamentals of Balance

3 hours

This workshop builds upon the 'An Introduction to the FUNdamentals of Movement' workshop, sharpening your observational skills and ensuring you fully understand the key generic skill of balance, which underpins the majority of sports. Develop the techniques you need to accelerate the development of children's balance, whether in a specific sport or in multi-skill activities, by attending this workshop.



Supporting resource

### FUNdamentals of Coordination

3 hours

By attending this workshop, you'll build upon what you learnt in the 'An Introduction to the FUNdamentals of Movement' workshop. Not only will you have honed your observational skills and gained an excellent working knowledge of the principles of coordination, you'll also have a raft of practical solutions to accelerate its development in children and ensure they reach their potential.



Supporting resource

### An Introduction to Long-term Athlete Development (LTAD)

3 hours

By the end of this workshop, you'll be clued up on the LTAD model, its key principles and the reasons for adopting it. You'll learn exactly how to integrate LTAD into your coaching and subsequently maximise performance and players' development, taking your budding athletes to the next level while still maintaining their enjoyment of sport.



Supporting resource

### Multi-skill Club Induction

6 hours

This practical workshop combines the 'Multi-skill Clubs in Practice' and 'An Introduction to the FUNdamentals of Movement' workshops and is designed to help you integrate agility, balance and coordination (ABCs) into multi-skill sessions.

### Multi-skill Clubs in Practice

3 hours

Learn how to integrate the key generic skills of the ABCs, which underpin the majority of sports, into multi-skill sessions by attending this workshop. By improving your knowledge of the ABCs, you will be able to play your part in developing physical literacy in children. It's also an excellent opportunity for you to share opinions, learn from others and develop ideas about good practice.



Supporting resource

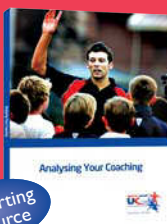
### Multi-skill Inclusion

3/6 hours

This workshop provides you with the additional skills needed to include a wider range of young participants, particularly young disabled sportspeople, in your sessions. Within the six-hour session, you will also benefit from the knowledge gained from the 'An Introduction to the FUNdamentals of Movement' workshop by exploring the concepts of agility, balance and coordination.

For information on your nearest workshop, go to the workshop finder at

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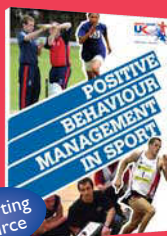


Supporting resource

### Analysing Your Coaching

3 hours

Have you ever taken the time to ask yourself what your strengths are and in which areas you need to improve? Hold up a mirror to your coaching style in this illuminating workshop. By the end, you'll have identified your strengths and weaknesses in different coaching situations, and you'll have worked out an action plan to take your skills to the next level.



Supporting resource

### Positive Behaviour Management in Sport

3 hours

If you work with young people in a school or club environment, this workshop's for you! You'll get a much better handle on young people's behaviour – plus you'll find out just how your behaviour impacts on them. From there on in, you'll learn how to create a positive coaching environment and have all the strategies you need to help you deal with challenging behaviour.



Supporting resource

### A Guide to Mentoring Sports Coaches

3 hours

Are you a sports coach mentor? If so, you'll get all the tools you need to develop your skills to the next level. Learn how to design a mentoring programme that will support your coaches' learning and increase the effectiveness of your involvement. It's also an excellent opportunity to share your opinions, learn from other coach mentors and gain a fresh perspective on different approaches to mentoring.

**Workshops run all over the UK throughout the year. To find the next one near you, go to the workshop finder at [www.sportcoachuk.org/cpd](http://www.sportcoachuk.org/cpd)**

# Give your coaching **the edge** with sports coach UK's workshops



**Take your passion for coaching further and attend a sports coach UK workshop.**

You'll:

- improve your coaching
- learn from other delegates
- gain additional knowledge and confidence.

“The FUNdamentals course was well organised and easy to understand – simple but effective. It has been one of the most helpful courses I have attended in a long time.”

Attendee on 'An Introduction to the FUNdamentals of Movement' workshop

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To find the next one near you, go to the workshop finder at

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