

## Coaching Workshops and Sessions



### **Getting Started - Level 1 Course**

Introduction to coaching covering the club's philosophy, how to interact with players, general coaching tips and answering questions new coaches may have before stepping on the pitch

### **Age Appropriate Sessions**

This course looks at what type of sessions we would run for each age group to ensure that coaches are delivering the correct information and style of session for each of the age groups. All attendees break into groups based on the age of their team and receive sessions appropriate to that age group. The sessions are explained by a coach and how they would adapt them for various situations. Questions are then asked by the coaches to gain a further understanding of these sessions before running them with their own team

### **Game Day Management**

This course discusses what to think about leading into game day, what happens on game day and things to think about afterward. Covers various age groups and discusses how the age of the team would impact how we go through this process.

### **Team Structure and Tactics**

This course will assist with discussing how to structure the team and understanding what principles of play the coaches should be focussing on at various age groups. What should U7s be focussing on? How does that differ from U9s or U13s?

### **Team Managers Workshop**

This course is for anyone looking to be a team manager and learning the ropes for this role. We will go over the important factors for all different age groups of being a team manager and the different level of involvement you can have to best add value to the team.