



Coaching Children and Young People

Cost £10

Discover the needs and motivation of young players. Learn how to deliver effective coaching sessions to meet the level of skill, development stage and motivation of each young player.

This workshop will help you to:

- Explain why children and young players take part in sport
- Identify why children and young people are a special case
- Plan and deliver coaching sessions to maximise learning and enjoyment
- Match your own coaching to meet the development stages of children and young people
- Follow good practice when coaching children

Venue	Date	Time	Contact Person
South Lakes (Ulverston Leisure Centre)	Thurs 7th Oct 2010	6.30pm - 9.30pm	Jackie Hayhow T: 01228 226885
Copeland (Seascale S.A.S.R.A)	Mon 14th Mar 2011	6.00pm - 9.00pm	Jackie Hayhow T: 01228 226885



Upskilling the Sports Workforce in Cumbria

