



FUNdamentals Coaching Course

This course is designed for coaches coaching at the 8U and 10U age groups. This course is based around the coaching principles that guide the FUNdamentals stage of Long term Player Development. The course is a discussion based course, and allows for lots of small and medium size group discussion and involvement. Coaches should come dressed for activity, and ready to practice some of their coaching skills.

When: Sunday May 26th 9:00am-5:00pm

Where: Scotia Bank South Field (Knowledge Park Drive – beside Grant-Harvey Center)

Cost: \$45.00/Coach payable on arrival (Cash cheques made payable to Soccer New Brunswick)

To Register:

Course Schedule:

| | |
|--------------------|---|
| 8:30-9:00 | Arrival and Registration – <u>Arrival and Classroom are Community Room # 1 @ Grant Harvey Center</u> |
| 9:00-10:45 | Classroom Course Introduction Introduction to Coaching Role of the Coach – Profile, Knowledge of Children, Teaching and Organizational Skills Safety – Emergency Action Plan |
| 11:00-12:00 | Field Model Coaching Session + Debrief |
| 1:00-1:30 | Classroom Planning a coaching session |
| 1:30-3:00 | Field Participant Coaching Sessions + Self Assessment |
| 3:15-3:45 | Classroom Small Sided Games Theory |
| 3:30-5:00 | Field Small Sided Games Practical Sessions + Wrap Up |