

# BASIC COACHING COURSE

**When: Sunday 19<sup>th</sup> February**

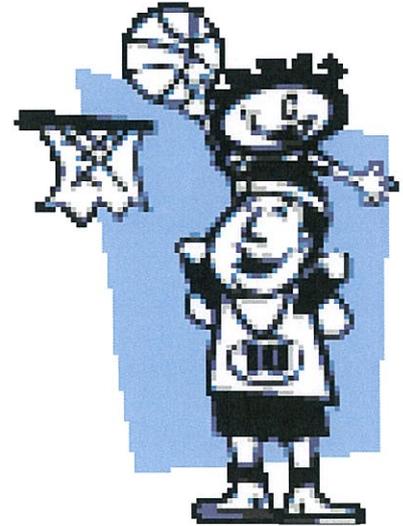
**Time :** 9.30am to 12pm

**What to bring :** Water, Pen, Hat, Sun Screen

**Cost** \$20.00 per attendee included a resource for the coach to take home. All coaches need to come attired to participate in the practical

This course is designed for new coaches who are just starting their coaching career and targets the basics

- How to run a training session
- What is expected of a Coach
- Practical
  - Warm Ups
  - Landings
  - Catching and passing
  - Basic Defence
  - Change of direction
  - Shooting



**CLUB SECRETARIES PLEASE FORWARD THE NUMBERS TO ATTEND BY FRIDAY 17<sup>TH</sup> AND IF THE COACH OR CLUB IS TO PAY THE FEE.**

# EXPERIENCED COACHING COURSE

**When: 24th March**

**Time :** 9am to 12pm

**What to bring :** Water, Pen, Hat, Sun Screen

**Cost** \$20.00 per attendee included a resource for the coach to take home. All coaches need to come attired to participate in the practical

Coaches who attend this course should have a minimum of 2 years coaching and a good knowledge in the basics. Please do not send new coaches to this course.

- Season Planning
- Practical
  - More Warm Ups
  - Further Defence skills
  - Basic Attack
  - Question and Answer ..... What issues are they having?



**CLUB SECRETARIES PLEASE FORWARD THE NUMBERS TO ATTEND BY THURSDAY 22ND AND IF THE COACH OR CLUB IS TO PAY THE FEE.**