

# QUALIFY AS A COACHING ASSISTANT

Are you interested in taking the first step into coaching and want to understand the fundamental technical principles of coaching? If yes, this course is for you!

You will gain technical coaching knowledge to underpin running, throwing and jumping activities. You will then learn how to apply these principles into a number of fun and exciting practical activities!

#### Topics covered include:

- Understanding fundamental movement skills
- Managing challenging behaviours
- Delivering warm ups and cool downs
- Coaching through fun, safe and enjoyable games
- Delivering speed work and endurance based activities
- Understanding the mechanics of jumping and throwing
- Principles of session planning



## Your nearest course

<b>Date</b>	Saturday 5 July 2014 Sunday 6 July 2014
<b>Venue</b>	Winchester Sports Stadium Milland Road Winchester Hampshire SO23 0QA
<b>Course Code</b>	SC0791
<b>Cost</b>	£225 per person (EA affiliated club members £165)

For further info, please contact Rebecca Turford on [rturford@englandathletics.org](mailto:rturford@englandathletics.org)



find out more at: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)