



*"Making Coaching Work"*

*1st Annual Coaching Forum*

*7th July 2009*

*5.45pm – 9.00pm*

*The University of Hull Sports and Fitness Centre,*

*Inglemire Lane,*

*Hull, HU6 7TS*





*Welcome....*

Due to the success of Services2Sport over the last 12 months we have great pleasure in welcoming you to our 1st annual coaching forum, *"Making Coaching Work"*. We recognise that sports coaches are one of the key success factors in our drive to increase participation and improve performance within sport . We have taken this opportunity to bring everyone together to share new ideas and opportunities which will help develop coaching within the Humber , so please come and join us for what I'm sure will be an exciting and informative event.

**Services2Sport**

## PROGRAMME

# "Making Coaching Work"

5.45pm	Arrival and Supper
6.25pm	Welcomes and Introductions <b>Garreth Roberts</b> , Coach Development Manager Services2Sport
6.30pm	Key Note Speech <b>Dr Mark Nesti</b> - Team Psychologist, Hull City AFC formerly at Bolton Wanderers and Newcastle United
7.00pm	Questions and Answers <b>Mark Nesti</b> Team Psychologist <b>Brian Horton</b> Assistant Manager Hull City AFC
7.15pm	Workshop 1
8.00pm	Networking Refreshment Break
8.15pm	Workshop 2
9.00pm	Close and goodie bags





## Workshop choices

Workshop	Overview	Tutor	Practical or Theory
<b>Training Young Athletes</b>	In this session suitable methods will be discussed on how to train young athletes and participants, the effects of this on the development of fitness attributes such as strength, co-ordination, power, endurance, speed and flexibility and how this is applied in the Long Term Athlete Development model.	Ric Lovell Sports Physiologist Department of Sport, Health and Exercise, The University of Hull	Practical
<b>New Coaching Courses</b>	In this session you will be updated on essential information on new courses which will be available through Services2Sport:: <ul style="list-style-type: none"> <li>Analysing your Coaching</li> <li>Positive Behaviour Management</li> <li>Coaching Children and Young People</li> <li>A Guide to Mentoring Coaches</li> </ul>	Sue Jolly Coachwise	Theory
<b>Sports Psychology</b>	Dr Mark Nesti, Associate Professor in Sport psychology at Liverpool John Moores University and sport psychologist at Hull City, will draw on over 20 years work as a sport psychologist to look at motivation and peak performance. Being motivated is crucial to achievement at all levels of sport. This workshop will discuss how coaches can help develop the self motivation and passion for sport in their athletes which in turn will result in greater enjoyment, commitment and optimal performances.	Dr Mark Nesti Team Psychologist Hull City AFC	Theory
<b>Working with Young Players - "A New Approach"</b>	This is a practical session demonstrating two different approaches to work with young players. This will be a technical practice where the traditional and "new" approach will be explored and the values of these approaches for the players. The session will finish with a question and answer session.	Sally Needham and Andy Foster The FA	Practical
<b>HE and FE Routes into Coaching</b>	This workshop will look at the background to the increase in coaching related courses over recent years and the range of initiatives aimed at making coaching a viable career pathway, including the UK Coaching Certificate, UK Coaching Framework and a range of government funding streams such as the Yorkshire Coaching Bursary Scheme. In addition the workshop will look at the widening range of role descriptions for coaches and the range of skills and qualifications needed to prepare for a career in coaching.	Phil Marshall Department of Sport, Health and Exercise The University of Hull	Theory
<b>Multi Skills Session</b>	This workshop will give coaches practical ideas to incorporate within their own coaching sessions. Looking at skills, games and activities which will develop the fundamental movement skills such as agility, balance, co-ordination and speed and the importance of this for young participants.	Elliot Hakner Coach Co-ordinator Services2Sport	Practical
<b>Disability</b>	Practical ideas which can be used with disabled participants in an inclusive environment such as specific and adapted skills, games and activities.	David Soames North East Lincolnshire Disability Sports Coach	Practical



*"Making Coaching Work"*



# Services2Sport Ltd

**Unit G14**

**Europarc Innovation Centre**

**Innovation Way**

**Grimsby**

**North East Lincolnshire**

**DN37 9TT**

**T: 01472 267404**

**W: [www.s2s.uk.net](http://www.s2s.uk.net)**

