

| Session | | Advanced Development Coaching Context – Overview of Learning Activities |
|--|---|--|
| No. 1, Friday 19:00-21:30 Classroom and gym | <ul style="list-style-type: none"> • Introductions, workshop overview, timelines and logistics; ice-breaker activity. • LF explains some intermediate-level skills + reviews the Teaching Process (TP) and stages 1 and 2 of skill development. • Coaches work in small groups and prepare for Teaching Task 1. • Teaching Task 1: Applying steps 1 and 2 of the TP with a Method 1 drill involving an intermediate skill. • Individual reflection (IR) by coaches on (1) first teaching task; and (2) how they provided feedback to colleagues. • Wrap-up of Session 1, and overview of Session 2. | |
| No. 2, Saturday 8h30-12h00 Gym | <ul style="list-style-type: none"> • Debrief of Session 1. • LF-led activity and model teaching: sample warm-up drills featuring basic and intermediate skills. Review of selected basic skills and presentation/explanation of additional intermediate-level skills and variations by the LF. • Review of loading concept. Discussion about how the previous warm-up activities might be loaded. • Review of key concepts pertaining to Method 2 + LF demos/model teaching: sample drills for Method 2. • Coaches work in small groups and prepare for Teaching Task 2. • Teaching Task 2: Applying steps 1 to 4 of the TP to a Method 2 drill involving an intermediate skill. | |
| No. 3 Saturday 13h00-17h00 Gym | <ul style="list-style-type: none"> • Debrief of Session 2. • LF-led activity and model teaching: last series of intermediate skills. Debrief. • LF-led activity: how drills for <i>Digging</i> change from Method 1 to Method 3, and with loading. • Review of key concepts pertaining to Method 3 + LF demos/model teaching: sample drills for Method 3. • Coaches work in small groups and prepare for Teaching Task 3. • Teaching Task 3: Applying steps 1 to 4 of the TP to a Method 3 drill involving an intermediate skill. • Group debrief + discussion/reflection about the effectiveness of the feedback provided. IR by coaches. • Explanation of the format of Session 4 with athletes. Coaches prepare for Session 4. | |
| No. 4 Sunday 8h30-12h00 Gym | <ul style="list-style-type: none"> • Final preparation by coaches. Greeting of athletes by LF and LF-led warm-up. • Session with athletes: Coaches perform various teaching, observation and reflective tasks. Focus is on Methods 2 and 3. Each group has 2 opportunities to teach, do a critical reflection, observe colleagues, and observe athletes. • LF-led cool-down and wrap-up with athletes while coaches debrief in small groups. | |
| No. 5 Sunday 13h00-17h00 Classroom | <ul style="list-style-type: none"> • Debrief of Session 4. Review of all the activities done so far in the workshop + overview of Session 5. IR by coaches. • Coaches share their performance analyses and draw conclusions. Group discussion in which coaches reach a consensus about specific performance aspects that need improvement. • Coaches work in small groups to design a drill to address one of the players' weaknesses observed during the morning session. Drills are shared. IR by coaches. • LF-led activity: presentation of the Bunch-Read Defensive System. • Reflection on the role/importance of competition; analysis of scenarios re. supporting/managing players in competition. • Wrap-up of workshop, concluding remarks, workshop evaluation by coaches. | |

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