



## DEVELOPMENT COACH WORKSHOP SCHEDULE OVERVIEW

Session Overview of learning activities	
<b>1. Saturday</b>  <b>9:30-12:30</b>  <b>Classroom</b>	<ul style="list-style-type: none"> <li>• Welcome and Intro</li> <li>• LTAD Overview, Planning process from Framework to Matrix to Season Plan to Practice Plan to Drill Plan</li> <li>• Applying LTAD to a Practice Plan</li> <li>• Applying Coaching Methodology to a Practice Plan, and building Method 1 and Simulated Play Drills</li> </ul>
<b>2. Saturday</b>  <b>13:30-17:00</b>  <b>Gym</b>	<ul style="list-style-type: none"> <li>• Practice Warm-up, Delivering Method 1 Drills, all basic skills, teaching process</li> <li>• Planning and delivering a Method 2 Drill</li> </ul>
<b>3. Sunday</b>  <b>9:00-12:00</b>  <b>Gym</b>	<ul style="list-style-type: none"> <li>• Match warm-up, Delivering Simulated Play Drills, all basic skills, teaching process</li> <li>• Beach and Sitting Skills/Tactics</li> </ul>
<b>4. Sunday</b>  <b>13:00-17:00</b>  <b>Gym/Class</b>	<ul style="list-style-type: none"> <li>• Systems and Cycles of Action: Offensive, Defensive and Transition</li> <li>• Applying Strength Training to a Practice</li> <li>• Cool Down</li> <li>• Evaluation of a Practice Plan and EAP</li> <li>• Support to Athletes in Training Evaluation process</li> <li>• How to track progress</li> <li>• Competition and LTAD Competition Guidelines</li> <li>• NCCP Pathway and Evaluation Steps</li> </ul>