



sports coach UK workshops.

As part of ongoing coach education I would remind all club coaches that they should seriously consider attendance at some of these local coaching workshops.

The courses are generic i.e. non-sport specific and cover a range of matters. Course content is standardised throughout the UK by sports coach UK [Formerly the National Coaching Foundation], and are delivered locally through the combined efforts of sportscotland and the sports development sections of your Local Authority.

Courses are available at 3 levels.

1. Coaching Essentials

There are six course at this level including 'How to coach sports effectively', and 'How to coach children in sport'.

2. Coaching Developments.

Aimed at a slightly higher level, there are thirteen different course here include 'Fitness and Training', 'Coaching Methods and Communication', and 'Good Practice and Child Protection.

3. Coaching Issue workshops

These occur less frequently, but do look at areas such as the Law, or Eating Disorders.

Each course is three hours long, costs about £20 [grant assistance may be available], and is **non-examinable**. The cost includes the sports coach UK book on the subject of the course, which you keep as part of the payment.

I personally have been on six of these courses and could recommend each one. For further information on your local courses please just contact me.

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