



6 February 2010

## Memo to Member Clubs

### Subject: Tweed Valley Development Program – Coaches Courses

Please distribute the following information regarding up coming coaches education courses. RSVP one week prior to each course to [development@tweedvalleykings.com.au](mailto:development@tweedvalleykings.com.au) by dates listed below.

#### Grass Roots Accreditation

**Date 20<sup>th</sup> and 21<sup>st</sup> March.    Venue: Walter Peate Oval    Time: To be confirmed**

**Day 1 Topic: New to coaching**

- Fundamental of coaching,
- Working with Children in groups,
- How to create a coaching session,
- How to create and maintain a drill library,
- Fun games that increase coordination and gross motor skills
- Fun games that creates friendships
- Ball Mastery

**Day 2 Topic: Small Sided Games**

- Revision of Topic 1,
- How Small Sided Games relate to movement around the field,
- Increase coordination and spatial awareness,
- Improving physical, technical, mental speed,
- Ball Mastery that improve both feet and comfort on the ball,
- Passing and Receiving,
- Body Shape,
- No pressure, limited pressure, and full pressure drills,
- Small sided games to create decision making situations that apply game pressure to reinforce learnt techniques in game full pressure situations.

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**KINGS OF TWEED**

## Competition Age Coach: Part 1

To attend this course a participant must have a grass roots accreditation. All participants of the 2009 and 2010 grass roots accredited courses are encourage to attend.

**Date: 27th March Venue: Walter Peate Oval Time: To be confirmed**

### **Course Topics**

- Revision of Topic 1 and 2,
- How small sided games challenge players,
- Breaking game up into coaching segments,
- Improve physical, technical, mental speed,
- Advanced Ball Mastery skills,
- Dynamic speed and movement,
- Body shape and First touch,
- Tactical development for individuals,
- Tactical Development for groups,
- Systems of play, what are they, how should they be applied,
- Small sided games to create pressure to reinforce decision making processes learnt techniques.

## Competition Age Coach: Part 2

This course is a reinforcement of part 1 and is for competition age coaches only. This course will focus specifically on existing coaches, and target breaking old habits, correcting out dated or incorrect coaching methodology. Participants will be able to apply technique learned to older age group players to better prepare them for youth competition at premier league level.

**Date Session 1      21 April 2010**

**Date Session 2      21 June 2010**

**Date Session 3      18 August 2010**

**Venue: Walter Peate Oval Time: To be confirmed**