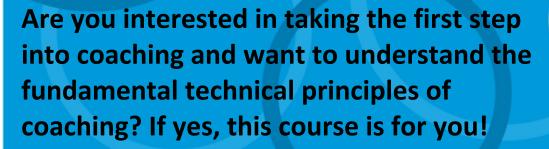
## **QUALIFY AS A** COACHING ASSISTANT



You will gain technical coaching knowledge to underpin running, throwing and jumping activities. You will then learn how to apply these principles into a number of fun and exciting practical activities!

## **Topics covered include:**

- Understanding fundamental movement skills
- Managing challenging behaviours
- Delivering warm ups and cool downs
- Coaching through fun, safe and enjoyable games
- Delivering speed work and endurance based activities
- Understanding the mechanics of jumping and throwing
- Principles of session planning

## Your nearest course

**Date** Saturday 22 November 2014

Sunday 23 November 2014

Venue Julie Rose Stadium Kennington Road Willesborough Ashford Kent TN24

9QP

**Course Code** SC0817

Cost £225 per person (EA affiliated club members £165)

For further info, please contact Rebecca Turford on rturford@englandathletics.org





find out more at: www.englandathletics.org/courses