

Coach Education Week and Coaching Conference 2010

Gain Skills >> Get Qualified



February 13th - February 21st 2010

Hertfordshire Sports Village > North Hertfordshire College >
Francis Bacon School > St Albans Judo Club > Stanborough School

The Foreword >

It gives me great pleasure to introduce the 2010 Herts Coach Education Week and Coaching Conference programme.

This is the third year of our Annual Conference and the second year of our Coach Education Week. Building on the huge success of the 2009 event, this year's programme is bigger and better than ever. So much so, that this year the programme is a multi-site one – encompassing North Hertfordshire College, Francis Bacon School in St Albans, St Albans Judo Club and Stanborough School in Welwyn garden City, in addition to our hub site at the Hertfordshire Sports Village, University of Hertfordshire.

Over 2000 Continuing Professional Development (CPD) opportunities are on offer as part of this programme and we have, wherever practicable, kept costs to an absolute minimum. At a time when escalating coach education and training costs are a real concern for our voluntary sports clubs, our efforts should improve both affordability and accessibility to these training experiences and development qualifications.

I would like to record my particular thanks to those partner organisations that have made this diverse and exciting programme possible. The continued support that we receive from Nick Brooking and his team at the Hertfordshire Sports Village is invaluable, and we are also indebted to the facility operators at the other sites for their helpful assistance and cooperation.

We are very grateful too for the support received from Sport England, sportscoach UK and the wide range of National Governing Bodies (NGBs) that have helped formulate this year's programme.

To all our presenters and volunteers, I extend a warm hand of friendship and feel confident that your visit to Hertfordshire, to participate in this event, will be an enjoyable and memorable one. We are also extremely grateful for the support given by the Saracens Sport Foundation, Apex Multisports, Gillette and the Oaklands Athletics Academy, and by Thomas Browne – great friend of the Herts Sports Partnership – in acting as technical advisor to this year's event.

Last, but certainly not least, I thank you all for taking the trouble to join us for part of this programme. There is so much on offer that one can hardly fail to find a session that will contribute to your development as a coach. With less than 1,000 days to the London 2012 Olympic and Paralympic Games, the ambitious legacy targets of those Games – particularly around increasing and sustaining participation – will not be realised without a plentiful supply of quality coaches. This week's programme is part of our contribution to that effort, and I hope that all involved will have a hugely enjoyable and beneficial experience.

The scale and quality of this year's programme is a great testament to the work of the Herts Sports Partnership – in particular the organisers **John O'Callaghan**, Rob Hardwick and Lynsay Evans – who have managed to coordinate a programme of events and opportunities that will be difficult to equal anywhere in the UK this year.

As Chairman of the host organisation, I am both proud and delighted at what we are about to serve up this year. In sporting terms, for a small organisation we continue to punch well above our weight and this programme is another excellent example of what can be achieved, even with limited resources, when key stakeholders all pull in the same direction.

Enjoy the programme, and remember that only through your efforts as coaches can all those others – particularly our young people - enjoy their own sporting experiences.






GRAHAME BOWLES
Chairman, Herts Sports Partnership

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Course Colour Key

National Governing Bodies Awards >	
Sports Coach UK Workshops >	
Additional sports training providers >	

Further details and booking advice are available from >

Lynsay Evans
Event Coordinator

Telephone: 01707 281008
Fax: 01707 284460
e-mail: info@sportinherts.org.uk

Online booking @ www.sportinherts.org.uk

The Venues >

This year's exciting Herts Coach Education Week and Coaching Conference is spread over five different venues. The University of Hertfordshire's impressive Sports Village will act as the main hub site with four other satellite venues offering high quality training facilities, running coach education across the county.

Please check the venue under the course listings



Hub Site: Hertfordshire Sports Village
de Havilland Campus
Hatfield Business Park
Hatfield
Hertfordshire
AL10 9EU
www.hertssportsvillage.co.uk



North Hertfordshire College
Cambridge Road
Hitchin
Hertfordshire
SG4 0JD
www.nhc.ac.uk

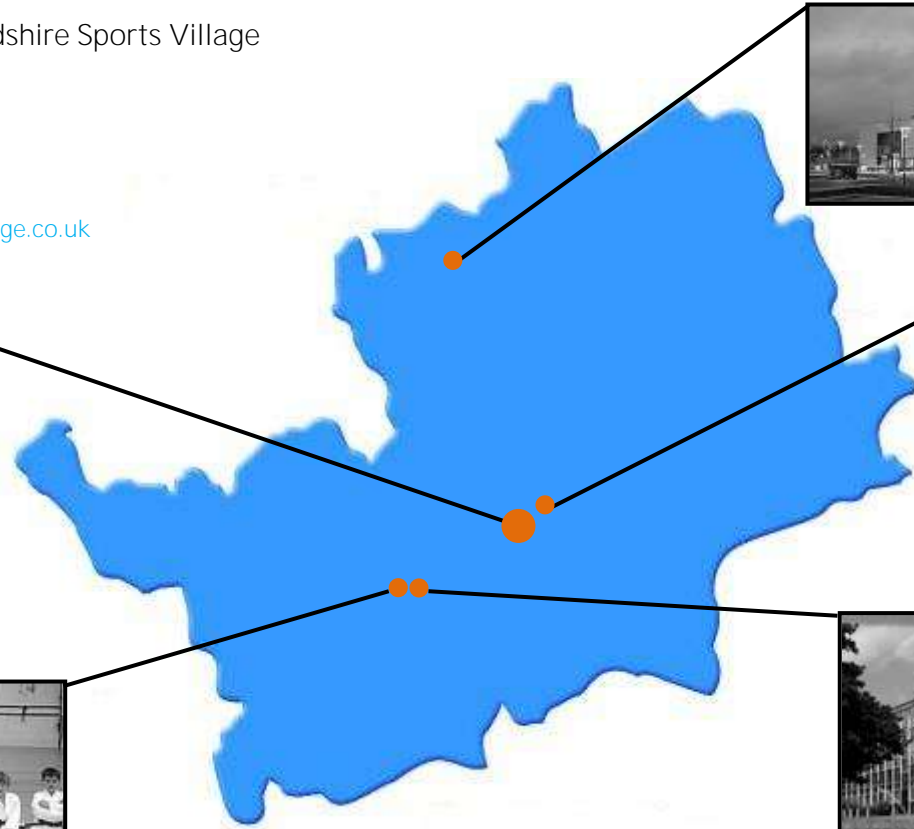


Stanborough School
Lemsford Lane
Welwyn Garden City
Hertfordshire
AL8 6YR
www.stanborough.herts.sch.uk



Francis Bacon School
Drakes Drive
St Albans
Hertfordshire
AL1 5AR
www.francisbacon.herts.sch.uk

St Albans Judo Club
Heathlands Drive
Bernards Heath
St Albans
Hertfordshire
AL3 5AY
www.stalbansjudo.co.uk



Coach Education Week >

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Saturday 13th February 2010

Course Title: Badminton - Line Judges Training Course

Time: 9am – 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Learn the ins and outs of what it takes to become a badminton line judge. For anyone 16+ this four hour course offers a mixture of theory and practical sessions which will teach you the skills to judge at official BADMINTON England events and could even put you one step closer to the Olympics.

Cost: £10

Booking Code: HCE1303

Course Title: SportSence™ 1: Target Games

(The SportSence™ Workshop Series consists of four workshops that can be taken individually or as a series.)

Time: 10am - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Target games are essential in any player development programme. Most sports have a target element to them, whereby the aim is to place a ball or other projectiles near, in or on a target in order to achieve the best possible score. The fundamental movement skills that target games employ require hand-eye coordination (accuracy of hit, throw, kick etc.) and concentration on a specific target. Examples include archery, bowls, golf and Boccia. The workshop is practical (but not performance based) and will explore ideas related to sequence, scope and the employment of different teaching strategies. Participants will leave with a series of ideas and task cards to help their players acquire and develop fundamental and higher-order games playing techniques and conceptual understanding.

Cost: £10

Booking Code: HCE1302

Course Title: Badminton – Umpires Training Course

Time: 9am – 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: With competition on the rise, more and more badminton events now require umpires. With this 1 day course you will learn what it takes to umpire a game of badminton and become a member of the Badminton Umpires Association of England.

Cost: £25

Booking Code: HCE1304

Course Title: Level One Certificate in Coaching Triathlon (Day 1 of 3)

Time: 8am – 6pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The course is interactive and involves group discussion, presentations and most importantly, a large aspect of the course is made up of practical coaching experience throughout all three disciplines – swimming, cycling and running. Throughout the course, you will be introduced to the fundamental skills of coaching e.g. how to build rapport, how to demonstrate, how to explain etc and apply this to the technical skill development components of triathlon.

At Level 1 you will be required to complete the following in order to obtain a qualification:

- 1x 15 minute Assessed Practical Coaching session on the last day of the course
- A 1 hour Exam (Closed book) on day 3 under exam conditions
- A selection of assessed group and home study activities.

Entry requirements for this course: minimum of 16 years of age and enthusiastic about getting people active and involved in triathlon at grassroots level.

Cost: £300

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the online ASA booking form*



Course Title: TOP Sportsability Course for Teachers

Time: Course A: 9am - 1pm
Course B: 2pm - 6pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The course is designed for practising and pre-service teachers, committed to the inclusion of all young people as a priority. This programme is targeted specifically at creating opportunities for young people with disabilities. TOP Sportsability provides excellent opportunities for inclusion and to integrate disabled and non-disabled young people in unique sports challenges.

Cost: £20

Booking Code: Course A: HCE1305A
Course B: HCE1305B

Online booking and hard copy booking forms available @
www.sportinherts.org.uk



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Sunday 14th February 2010

Also Running

Triathlon Level One Coaching Certificate
(Day 2 of 3 – start date 13 February)
Time: 8am - 6pm
Booking Code: HCE1306

Course Title: Netball - Pre Level One
(Course A)

Time: 10am - 1pm

Location: North Hertfordshire College, Hitchin

Description: A basic introduction to netball for those helping established coaches and/or for those intending to undertake a full level 1 qualification in the future.

Cost: £10

Booking Code: HCE1301A

Course Title: Typhoo Sports for All:
Disability Inclusion
Course

Time: 9am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This FREE six hour course is designed to give coaches of all sports the ideas and inspiration to adapt their sessions to make them more accessible for disabled participants.

It is a theory and practical course that covers terminology; barriers to participation; legislation and guidance; and an introduction to disability sports and ways of adapting activities to make them inclusive.

Cost: FREE

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the online EFDS booking form*

Course Title: Netball - Introduction to High 5 Netball (Course A)

Time: 2pm - 5pm

Location: North Hertfordshire College, Hitchin

Description: The aim of this course is to provide ideas for teachers and coaches working both within and outside of the curriculum with 7 - 11 year olds.

This course will introduce the rules and application of the rules of High 5 Netball and promote a positive and creative approach to High 5 Netball.

Cost: £10

Booking Code: HCE1407A

Course Title: FA Club Referees Course

Time: 9am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This workshop is for coaches, parents, managers and club officials to have a better understanding of what is required for a club referee. This workshop will be divided into two parts, starting with a basic introduction to refereeing a football match, and will include managing and controlling the game, whistle techniques, keeping a record of the game and administering cautions/dismissals and reporting misconduct. The second session will assist you with "running the line" as a club linesman, with specifics on your involvement, flagging techniques and a guide to the offside law.

Cost: £10

Booking Code: HCE1411

Course Title: Lacrosse - Level One Development Coach Award

Time: 9.30am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Provides the fundamentals, strategies and principles of the game of lacrosse together with the basic techniques of play and coaching. It is aimed at men and women with or without previous experience of the game and concentrates very much on individual understanding and the holistic approach to coaching sport. The awarding of this certificate gives the recipient the ability to coach under the English Lacrosse Association's (ELA) public liability insurance and also provides the recipient with a year's membership of the ELA.

Cost: £50 (£40 for students)

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the online English Lacrosse booking form*

Course Title: First Aid for Appointed Persons

Time: 9.30am - 4.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This is the minimum level of training recommended by the Health and Safety Executive for those acting in an emergency and is accepted by all sport and therapy governing bodies for insurance and CPD purposes. It has a sport and exercise bias making it practical, useful and will address many of the common issues and concerns you could potentially find in any sports environment.

Cost: £50

Booking Code: HCE1408

Course Title: Video Analysis Workshop with David Stephens

Time: 2pm - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Overview of performance analysis delivery at national and club levels. Explanation of key areas in performance analysis and examples of how this can be **incorporated in participants' own coaching, including:** notational/statistical analysis; video analysis; and biomechanical analysis.

Cost: £10

Booking Code: HCE1410

Course Title: SportSence™ 2: Net & Wall Games

Time: 11am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Net and wall games are those in which two players or teams compete in an area, often separated by a barrier such as a net, placed at a predetermined height. The objective is to propel an object (usually a ball or shuttle) into space - scoring is achieved when an opponent is unable to make a successful return. Net and wall games require a high degree of physical movement and introduce principles of attack and defence, either as an individual or a team. The movement skills employed include running jumping, sliding, hitting and passing. Examples include badminton, tennis, volleyball, & squash. The workshop is practical and will explore ideas related to sequence, scope and the employment of different teaching strategies. Participants will leave with a series of ideas and task cards to help their players acquire and develop fundamental and higher-order games playing techniques and conceptual understanding

Cost: £10

Booking Code: HCE1409

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Monday 15th February 2010

Course Title: Netball - Strength & Conditioning

Time: 10am - 1pm

Location: North Hertfordshire College, Hitchin

Description: From a physical preparation perspective, injury prevention is key - the high impact ground contact that players experience has led to a high attrition rate in netball players, where injuries of the shoulder, ankle and knee are concerned. Netball is extremely fast paced, with lots of quick passing, fast leading and frequent directional changes, and the rate of knee and ankle rotational injuries amongst players is not surprising. In order to avoid injuries, coaches and trainers should know how to build players' strength, and how to help condition players in their charge.

Cost: £10

Booking Code: HCE1512

Course Title: First Aid for Appointed Persons

Time: 9.30am - 4.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This is the minimum level of training recommended by the Health and Safety Executive for those acting in an emergency and is accepted by all sport and therapy governing bodies for insurance and CPD purposes. It has a sport and exercise bias making it practical, useful and will address many of the common issues and concerns you could potentially find in any sports environment.

Cost: £50

Booking Code: HCE1517

Course Title: YMCA Kids' Street Dance (Day 1 of 5)

Time: 9.30am - 4.30pm

Location: Francis Bacon School, St Albans

Description: YMCA Kids' Street Dance Course is designed to help you reach out and inspire children to enjoy fitness and activity. We'll give you the specialist knowledge to design and deliver safe, fun-filled children's exercise and street dance programmes. You'll learn to adapt your skills and use different activities to motivate children from the ages of 5 to 16. The course is ideal for anyone interested in running health-related exercise sessions for children, those already running sessions but without a formal qualification, and current fitness instructors wanting to broaden their skills to work with children. It is also suitable for instructors who would like to develop their skills in kids' fitness and activity.

Cost: £500

Booking Code: HCE1515

Course Title: Netball - Shooting Skills (Workshop A)

Time: 2pm - 4pm

Location: North Hertfordshire College, Hitchin

Description: This workshop, being delivered by England international Monique Woods is aimed at netball coaches wishing to improve their shooting coaching, and will include drills to improve your shooters' skills.

Cost: £10

Booking Code: HCE1513A

Course Title: SportSense™ 3: Striking and Fielding Games

Time: 10am - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Striking and fielding games are those in which two teams compete within an area, offering possibilities for both attacking and defensive plays. The movement skills involved in these games are complex and varied, and many of them are used in combination for a specific action. Examples include rounders, cricket and softball. The workshop is practical and will explore ideas related to sequence, scope and the employment of different teaching strategies. Participants will leave with a series of ideas and task cards to help their players acquire and develop fundamental and higher-order games playing techniques and conceptual understanding.

Cost: £10

Booking Code: HCE1518

Course Title: SLUK Dance Leadership Award (Day 1 of 5)

Time: 9.30am - 4.30pm

Location: Stanborough School, Welwyn Garden City

Description: The Level 1 Award in Dance Leadership is a nationally recognised qualification that enables successful candidates to lead small groups in simple dance activities whilst under the direct supervision of their tutor. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of dance. It is a fun and practical qualification with no entrance requirements or final examinations to sit.

Cost: £50

Booking Code: HCE1516

Course Title: ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 1 of 5)

Time: 9.30am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This qualification is aimed at those interested in supporting the coaching programme of swimming in a competitive environment.

Cost: £225

Booking Code: This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the online ASA booking form

Course Title: Basketball - Level One Coach Award - Course A (Day 1 of 2)

Time: 9.30am - 4.30pm

Location: Francis Bacon School, St Albans

Description: The role of the Level 1 coach is to: 'Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'.

Upon completing this course coaches will be able to:

Prepare for the delivery of coaching activities; evaluate the effectiveness of coaching sessions; and gain knowledge and understanding of the game of basketball.

Cost: £50

Booking Code: HCE1514A

Online booking and hard copy booking forms available @ www.sportinherts.org.uk

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Monday 15th February 2010 Cont.....

Course Title: Dodgeball - Level 1 Coaching Award

Time: 9am – 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The UKDBA Level 1 Coaching Certificate in Dodgeball is designed to enable those with little or no experience in the sport an insight into all aspects of the sport, including coaching refereeing and development.

Cost: £30

Booking Code: HCE1519

Course Title: Brendan Venter - Core Values for Coaching

Time: 7pm – 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Currently the Coaching Director at Saracens, Brendan Venter is widely regarded as one of the world's leading rugby coaches.

As a player, he was a member of the victorious Springbok squad that lifted the Webb Ellis trophy in 1995 and during his time at the helm of London Irish RFC, he firmly established himself as a coach able to bring out the very best in a group of players that had been previously under achieving.

Brendan's coaching has been built around some strong personal core values, and this interactive presentation will explore those values and how they have shaped the methods and practice of this outstanding coach.

Cost: FREE

Booking Code: HCE1525

Course Title: Rounders - Preliminary Umpires Award

Time: 1.30pm - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The Preliminary Umpire course is the first award within the Rounders England Umpiring Pathway. The course will provide you with an introduction to umpiring and the skills to enable you to start to officiate at matches and events. The Preliminary Award is valid for 1 year.

Cost: £15

Booking Code: *This is a NON HSP Booking course, please contact Slan Barnett on 0114 2480357 or please email, slan.barnett@roundersengland.co.uk.*

Course Title: Tag Rugby

Time: 10.30am - 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Tag rugby is a non-contact, fast-moving game that is suitable for adults or children, and for boys and girls to play together. Its safe, non-contact nature, combined with the fun and liveliness of the sport, means that tag rugby is now the RFU's official version of the game for under-7s and under-8s. The game has suggested progressions to allow the development of players and introduce more elements of the 15-a-side game. Coaches should use tag rugby to make their players see where space is and encourage evasive running into spaces and not faces. Tag is a fast-growing version of the game, and the RFU encourages all clubs and playing organisation to look to organise regular tag rugby activity to increase fitness and participation.

Cost: £15

Booking Code: HCE1521

Course Title: Equity in Your Coaching (scUK)

Time: 6.30pm - 9.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation.

As a coach, you have an important role to play in ensuring this happens. The workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants.

Cost: £30

Booking Code: HCE1523

Course Title: Challenging Behaviour Workshop

Time: 2pm - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This 3 hour workshop (delivered by scUK tutor, Stewart Hunt) provides a practical session to explore appropriate solutions to deal with unwanted challenging behaviour. This session – which received outstanding feedback as part of the 2009 programme - will offer an insight into how coaches can create a supportive coaching environment that will promote more positive behaviour amongst participants.

Cost: £10

Booking Code: HCE1520

Course Title: Rugby Ready

Time: 2pm - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Everybody involved in coaching, refereeing and playing rugby union needs a sense of safe practice. The IRB *Rugby Ready* programme is intended to raise awareness of good practice and help stakeholders manage the inherent risks of the sport by putting appropriate safeguards in place. The course covers: how to deliver a safe and enjoyable practical session; and coaching contact skills.

Cost: £15

Booking Code: HCE1522

Course Title: RFU Level One Coaching Award (Session 1)

Time: 7pm - 10pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Provides the fundamentals, strategies and principles of the game of Rugby together with the basic techniques of play giving delegates the ability to deliver aspects of coaching sessions under direction. Once completed you will be able to safely organise and supervise rugby union activities. Demonstrate an understanding of & ability to coach: handling skills; tackling; contact & continuity; 5 'manscrum,' and line-out throwing & support techniques. You will also be able to demonstrate an understanding of: player development; good coaching practice; coaching skills; health and safety; and the laws of the game of rugby union.

Cost: £100

Booking Code: HCE1524

Online Booking available for all course @ www.sportinherts.org.uk

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Tuesday 16th February 2010

Course Title: Primary Schools Tennis - Teacher Training Course

Time: 10am - 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This 3 hour course has been designed to give primary school teachers the confidence and tools to deliver tennis to a class of children in a small space. The course is supported by an innovative DVD. This teaching resource is pupil facing which delivers and demonstrates the activities directly to the children, allowing the teacher to do what they do best - teach!

Cost: £FOC

Booking Code: HCE1627

Course Title: Rugby - Defence in Phase Play (CPD1)

Time: 10am - 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: By the end of this module the coach should be able to coach defensive policies and structures in a simplified system achievable for both **participation and performance players**. This course will refine a coach's understanding of defensive structures in open play and assist in developing and implementing a defensive strategy for their players.

Cost: £15

Booking Code: HCE1628

Course Title: Tennis Competition Organisers Course

Time: 1pm - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This new and exciting course has been put together by the LTA to help young people assist their clubs and schools coaches and teachers to deliver: Mini tennis competitions, fun tournaments, match plays, boxes and ladders.

This three hour course is great fun and for anyone already involved in tennis at a club or school.

Cost: £FOC

Booking Code: HCE1629

Course Title: Netball - Working Towards Your C Award

Time: 10am - 4pm

Location: North Hertfordshire College, Hitchin

Description: The aim of the 'Working Towards Your C Award' course is to prepare umpires for their C Award, with knowledge of the rules and the umpire competencies/protocols needed to umpire at junior/youth and adult club level.

Cost: £16.50

Booking Code: HCE1626

Course Title: Rounders - Intermediate Umpires Course

Time: 9am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The Intermediate Umpires course leads on from our Preliminary Umpire Award. It will prepare candidates to undertake a written test showing a high level of knowledge of the rules. The course will also give the candidate practical instruction and demonstration of game control.

To complete the course delegates will be field tested in a match situation to confirm their:

- Ability to control the game
- Understanding and implementation of rules
- Competence to fulfil all the duties of a Rounders England Umpire

The course is suitable for Established leagues, Schools, Further and Higher Education establishments, Teachers or any interested person over 16 years of age.

Cost: £20

Booking Code: *This is a NON HSP Booking course - please contact Slan Barnett on 01142 480357 or email slan.barnett@roundersengland.co.uk*



Also Running

SLUK Dance Leadership Award (Day 2 of 5 – start date 15 February)

Time: 9.30am - 4.30pm

Basketball Level One Coach Award - Course A (Day 2 of 2 – start date 15 February)

Time: 9.30am - 4.30pm

YMCA Kids Street Dance (Day 2 of 5 – start date 15 February)

Time: 9.30am – 4.30pm

ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 2 of 5 – start date 15 February)

Time: 9.30am – 5pm

RFU Level One Coaching Award (Session 2 – start date 15 February)

Time: 9am – 5pm

(For booking codes, see Day 1 of courses)

Online booking available for all courses @ www.sportinherts.org.uk



Tuesday 16th February 2010 Cont.....



Course Title: Core Stability with Tony Sephton

Time: 6pm – 8pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The aim of core stability training is to effectively recruit the trunk muscles and then learn to control the position of the lumbar spine during dynamic movements.

Tony Sephton, Head of Health, Fitness and Performance at the University of Hertfordshire, will look at the theory behind core stability before demonstrating a number of exercises designed to improve core stability.

This interactive workshop raises awareness of the importance of building the strong foundation that is vital in optimising sports performance, increasing playing longevity and reducing the risk of injury. The emphasis is on outlining the basic core stability exercises and can be integrated into training to improve the potential for power generation and efficiency from each muscular effort.

Cost: £20

Booking Code: HCE1631

Course Title: Safeguarding and Protecting Children (scUK)

Time: 6.30pm – 9.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns.

This sports coach UK workshop will help you to:

- identify good coaching practice to promote a positive relationship with children
- identify sport situations and coaching practice that might constitute either poor practice or possible abuse
- describe the different categories of child abuse and recognise the signs and symptoms of each.
- know how to take appropriate action if concerns are raised.

Cost: £30

Booking Code: HCE1632

Course Title: An Introduction to LTAD (scUK)

Time: 6.30pm – 9.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This workshop provides all the essential information on the Long Term Athlete Development (LTAD) model and its practical implications. As well as general theory, it describes how to identify talented athletes and maximise your performers' ability, achievements and commitment to sport through integration of the LTAD approach.

By the end of this sports coach UK workshop, you will be able to:

- understand the reasons for adopting LTAD
- understand the concepts and key principles of LTAD
- recognise and respond to the implications for you and your coaching
- identify appropriate action to integrate LTAD into your coaching

Cost: £30

Booking Code: HCE1633

Course Title: Tri-Golf Activators

Time: 4pm - 6pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The Tri-Golf workshop is focused on training teachers and volunteers who work with primary age children (5 -11 years).

The **Tri-Golf Activator's course is designed to familiarise individuals with the Tri-Golf equipment, the game cards and associated resources.** It provides candidates with the knowledge required to fully maximise the potential of the scheme and deliver activities in a structured and coordinated programme linked to the delivery of the preliminary level on the Junior Golf Passport.

Cost: £10

Booking Code: HCE1630



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Wednesday 17th February 2010

Course Title: Netball - Pre Level One (Course B)

Time: 10am - 1pm

Location: North Hertfordshire College, Hitchin

Description: A basic introduction to netball for those helping established coaches and/or for those intending to undertake a full level 1 qualification in the future.

Cost: £10

Booking Code: HCE1734B

Course Title: All Gain and No Pain with Andy Allford

Time: 6.30pm - 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: During this session Andy will take you through the use of powerbags, various balls and bands as training alternatives. He will show you that with a little imagination most exercises can still be performed with minimal equipment! Andy will also look at other training alternatives throughout this session. Please bring your kit as it will be practical!

Cost: £20

Booking Code: HCE1743

Course Title: SportSence™ 4: Invasion Games

Time: 10am – 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Invasion Games are those in which two teams compete within an area that offers possibilities for attack and defensive play. The main tactics used are controlling the play to maintain possession, limiting opposition attempts to take possession and attempting to gain/regain possession, including blocking access to scoring zones. Invasion games are generally active and provide opportunities to develop a variety of movement and understanding skills, while encouraging communication in a sporting environment. Examples include netball, football and rugby.

The workshop is practical and will explore ideas related to sequence, scope and the employment of different teaching strategies. Participants will leave with a series of ideas and task cards to help their players acquire and develop fundamental and higher-order games playing techniques.

Cost: £10

Booking Code: HCE1740

Course Title: SAQ – P Award

Time: 9am - 5pm

Location: Francis Bacon School, St Albans

Description: This is a highly practical course suitable for all abilities and delivers real skills. It is ideal for coaches, parents, personal trainers and anyone with a keen interest in exercise, fitness and sport. Learn how to develop fundamental motor skills, balance, core stability, co-ordination and ultimately better control of body movement. Ideal for football, rugby, cricket and athletics training. Learn to use equipment like speed ladders, agility hurdles, balance boards and running parachutes. Applicable to those persons working with all age groups.

Cost: £120

Booking Code: HCE1736

Course Title: Boccia Young Officials Award

Time: 10am – 2.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The course has been designed to cover the important elements of refereeing a game of Boccia within the community and up to regional level competitions. It aims to develop the necessary skills and knowledge required to be an effective official, and to provide the information necessary to put these newly developed skills into use.

Cost: £30

Booking Code: HCE1738

Course Title: Rugby - Back Play from Set Piece (CPD2)

Time: 10am – 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This is one of a range of new CPD modules from the RFU. Gaining ground from the set piece is seen as one of the more difficult areas of back play, but law changes and innovative coaching have combined to give creative coaches an opportunity to challenge that stereotype. Find out more with this practical module, run by Nevil Jeffery, Coaching Resources Officer with the RFU.

Cost: £15

Booking Code: HCE1737

Also Running

YMCA Kids Street Dance (Day 3 of 5 – start date 15 February)

Time: 9.30am – 4.30pm

SLUK Dance Leadership Award (Day 3 of 5 – start date 15 February)

Time: 9.30am - 4.30pm

ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 3 of 5 – start date 15 February)

Time: 9.30am – 5pm

Course Title: Breaking Down Barriers in Disability Sport

Time: 3pm – 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Born with cerebral palsy, Daniel Rogers is currently employed as a Community Sports Coach with the Herts Sport Partnership. He is an inspiration to people with a disability as to what can be achieved in and through sport. As a qualified coach in a range of sports from football to netball, and as a former elite player with the England CP National Team, Daniel is well placed to understand the barriers to meaningful inclusion.

In this interactive practical workshop he will offer participants an insight into his coaching career to date, and will give some practical tips for those currently working, or planning to work, with participants with a disability. This FREE session is a must for coaches interested in disability sport, and will be explained in a manner which cuts across some of the sensitive areas, in a no-holds barred delivery style that will surely warm up a cold February afternoon!

Cost: FREE

Booking Code: HCE1739

Gain Skills >> Get Qualified

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Wednesday 17th February 2010 Cont.....

Course Title: Volleyball - Mini Volley

Time: 9am– 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This 4-hour course is primarily aimed at secondary teachers (KS 3) or coaches who have an existing level 1 award or who have previously attended the VolleySport course. It offers an **opportunity for candidates' to progress knowledge and understanding by developing the 3-a-side (mini volley) format of the game. As the tactical complexity of the game is developed new skills are introduced providing a selection of possible solutions to the challenges that are encountered. The course is not examined and an attendance certificate is awarded to those who complete the course.**

Cost: £20

Booking Code: HCE1741

Course Title: Volleyball - Super Mini Volley

Time: 1pm – 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This 4-hour course is primarily aimed at secondary teachers (KS 4) or coaches who have a level 1 award or who have previously attended the Mini Volley course. It provides the key link in the transition from small-sided games to the full 6-a-side version. Skills are advanced further in the context of a number of 4-a-side versions of the game that are used to introduce and explore a selection of tactical possibilities from both an attacking and defensive perspective. The course is not examined and an attendance certificate will be awarded to those who complete the course.

Cost: £20

Booking Code: HCE1742

Course Title: Legends Lecture: Sir Clive Woodward

Time: 7pm – 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: David Turner profiles Clive Woodward who was the coach of the England national rugby union team from 1997 to 2004 taking them to World Cup glory at the **2003 Rugby World Cup in Australia. As the architect of England's greatest sporting achievement since the 1966 World Cup victory, Clive's visionary approach to 'winning' captured the imagination of the sporting world.**

Cost: £10

Booking Code: LLC100217

Course Title: Coaching Children and Young People (scUK)

Time: 6.30pm – 9.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Discover the needs and motivation of young players. Learn how to deliver effective coaching sessions to meet the level of skill, developmental stage and motivation of each young player. This workshop will help you, the coach to:

- explain why children and young players take part in sport
- identify why children and young people are a special case
- plan and deliver coaching sessions to maximise learning and enjoyment
- match your own coaching to meet the developmental stages of children and young people
- follow good practice when coaching children and young people

Cost: £30

Booking Code: HCE1745

Course Title: Rugby - Team Selection (CPD3)

Time: 2pm - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This is one of a range of new CPD modules from the RFU. Getting the right players on the pitch is increasingly difficult, at every level of the game. **Quite apart from player ability, rehabilitation from injury, the substitutes' bench and squad rotation all conspire to make team selection challenging and critical.** Find out more with this classroom-based module, run by Nevil Jeffery, Coaching Resources Officer with the RFU.

Cost: £30

Booking Code: HCE1747

Course Title: Performance Nutrition with James Collins

Time: 7pm - 9m

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Led by James Collins, performance nutritionist from UK Athletics, this workshop will explain what performance nutrition is and more importantly what it is not. The informative workshop will take you through structuring a training diet, fuelling for training & competition, and what types of strategies you can use to enhance muscle recovery & adaptation

Cost: £10

Booking Code: HCE1744

Course Title: How to Coach Disabled People in Sport (scUK)

Time: 6.30pm – 8.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This workshop aims to answer all the commonly asked questions about disabled participants in sport and how to set up coaching sessions to suit their needs. It gives advice on how to plan a session or make minor adjustments to the way you work, to make your coaching more effective. The workshop is aimed at Level 1 and Level 2 coaches.

At the end of the workshop, you will be able to:

- determine how to include disabled people in sport
- select appropriate coaching activities
- create effective coaching environments.

Cost: £25

Booking Code: HCE1746

Course Title: Cricket - Coaching Bowlers (Theory – CDW3)

Time: 6pm – 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This classroom-based workshop, led by Trevor Brown, concentrates on practical guidelines for using video cameras when working with bowlers.

Cost: £20

Booking Code: **This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the ECB booking form**

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Thursday 18th February 2010

Course Title: Basketball Level One Coach Award - Course B (Day 1 of 2)

Time: 9.30am – 4.30pm

Location: Francis Bacon School, St Albans

Description: The role of the Level 1 coach is to: 'Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'.

Upon completing this course coaches will be able to:

Prepare for the delivery of coaching activities; evaluate the effectiveness of coaching sessions; and gain knowledge and understanding of the game of basketball.

Cost: £50

Booking Code: HCE1850B

Course Title: Netball - Defending Skills (Workshop B)

Time: 1pm - 4pm

Location: North Hertfordshire College, Hitchin

Description: Coaching a range of defending skills, 1-2-1, basic zoning improve your players defending with a range of different drills.

Cost: £10

Booking Code: HCE1849B

Course Title: FA Coaching Disabled Performers

Time: 9am - 3pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The course is designed to give the candidate an understanding of how to work with disability players, from coach conduct to the adaptation of sessions. Completion of the course should enable you to:

Extend your existing coaching skills and experience, meet the needs of players with a range of impairments; establish basic communication skills for coaching disabled footballers; use appropriate terminology; identify appropriate safety and medical considerations; plan a wide range of coaching sessions using the Inclusion Spectrum; understand the player pathways available for disabled players including the appropriate structure for competition.

Cost: £15

Booking Code: *This is a NON HSP Booking course, please contact Joe Goude on Joe.goude@hertfordshlrefa.com.*

Course Title: Netball - Introduction to High 5 Netball (Course B)

Time: 10am - 1pm

Location: North Hertfordshire College, Hitchin

Description: The aim of this course is to provide ideas for teachers and coaches working both within and outside of the curriculum with 7 - 11 year olds.

This course will introduce the rules and application of the rules of High 5 Netball and promote a positive and creative approach to High 5 Netball.

Cost: £10

Booking Code: HCE1848B

Course Title: Multi Skills Inclusion (scUK)

Time: 9,30am – 4.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This workshop has been developed to provide multi-skill coaches with additional skills to include a wider range of young participants, particularly disabled participants, in their sessions. (The six hour session incorporates the 'An Introduction to the FUNdamentals of Movement' workshop.) By the end of the workshop, you will be able to:

- understand the principles of the ABCs (Agility, Balance, Coordination) and how they link with inclusion
- develop effective inclusive sessions that will challenge both disabled and non-disabled young participants
- learn, develop and apply the skills to effectively deal with challenges that may be faced when delivering

Cost: £50

Booking Code: HCE1851

Course Title: Cricket - Coaching Batters 1 (Practical – CDW1)

Time: 1.30pm – 4.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The aim of this workshop, led by Trevor Brown, is to develop coaches understanding of a wider range of batting shots as well as building upon key observation and analysis skills.

Cost: £20

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the ECB booking form*

Also Running

SLUK Dance Leaders Award (Day 4 of 5 – start date 15 February)

Time: 9.30am - 4.30pm

ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 4 of 5 – start date 15 February)

Time: 9.30am – 5pm

(For booking codes, see Day 1 of courses)



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Thursday 18th February 2010 Cont.....



Course Title: Quicksticks

Time: 10am – 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Quicksticks is a brand new game for 7-11 year-olds which has been specifically designed to introduce the sport to teachers and students who have little or no prior knowledge of hockey.

The field of play is the size of a standard netball court and a team consists of six players; four outfield pitch players and two 'officials' (one manager/coach and one umpire). All players must rotate with the two officials' roles within the game...there are NO GOALKEEPERS in the game of Quicksticks! Played in three periods (so that all players have a go at playing, managing and umpiring), one game can last up to 30 minutes for 11 year-olds. At the lower end of the scale, games can last just over 20 minutes for 7-8 year-olds. Participants will receive a Certificate of Attendance and a Resource Pack, including Challenge Cards.

Cost: £25

Booking Code: HCE1852

Course Title: Rugby - Half Back Play (CPD 4)

Time: 10.30am -1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This is one of a range of new CPD modules from the RFU. The scrum half and the fly half are key members of any rugby team. They are key decision makers, linking the forwards and the backs, often dictating where the ball goes and what happens next. That added to their roles as defensive organisers, means that half-back coaching is one of the biggest challenges for coaches.

Cost: £15

Booking Code: HCE1853

Course Title: Rugby - Performance Analysis (CPD 5)

Time: 2pm - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This is one of a range of new CPD modules from the RFU. In the professional game, performance analysts are full-time individuals who carry out hours of in-depth analysis of their own team, the opposition and the referee. How can coaches at lower levels of **the game go about analysing their team's** performance and gathering information about **improving individual's performance**

Cost: £15

Booking Code: HCE1854

Course Title: Rugby Workshop with Tom Browne

Time: 10am - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Based on his work as an IRB trainer and educator Tom Browne will provide examples of introducing players to the concepts of play and the principles of attack and defence. He uses innovative techniques to balance games play and technical remediation in an enjoyable and safe manner. He will go on to explain and demonstrate a variety of games that develop understanding and core technique in line with the *SportSence™* workshops.

Cost: £10

Booking Code: HCE1855

Course Title: Legends Lecture: Sir Alex Ferguson

Time: 7pm – 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Malcolm Cook profiles Sir Alex Ferguson, the most successful manager in British football history. He broke the Glasgow dominance of Scottish football to lead Aberdeen to the Scottish League title, the Scottish Cup and League Cup, **and European Cup Winners' Cup success. He went on** to win more than 30 trophies during his time in charge of Manchester United Football Club.

Cost: £10

Booking Code: LLC10218

Course Title: Safeguarding and Protecting Children (scUK)

Time: 6.30pm – 9.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. This workshop will help you to:

- identify good coaching practice to promote a positive relationship
- identify sport situations and coaching practice that might constitute either poor practice or possible abuse
- describe the different categories of child abuse and recognise the signs
- know how to take appropriate action

Cost: £30

Booking Code: HCE1856

Course Title: Coaching Disabled Performers (scUK)

Time: 6.30pm – 9.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This workshop will teach you how to apply and extend your current coaching skills to meet the needs of disabled performers. It looks at terminology, integrated and segregated sessions for disability groups, basic communication skills, safety, medical considerations and much more. By the end of this workshop, you will be able to:

- explain when integration and segregation might be most appropriate
- identify appropriate safety and medical considerations
- review and extend your knowledge of how to adapt your coaching to the specific needs of disabled performers
- design and monitor a programme for a disabled performer taking part

Cost: £30

Booking Code: HCE1857

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Friday 19th February 2010

Course Title: Badminton - Young Officials Award

Time: 9am - 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The Badminton Young Officials Award (YOA) is aimed at young people aged 14-19. The course is a combination of practical and theory sessions designed to equip the Young Official with the necessary skills and a qualification that will allow them to officiate at badminton events. The course includes: the Laws of Badminton; scoring and umpiring; service judging; line judging; match control; health and safety

Following the completion of this Award the Young Official will be directed towards officiating at badminton competition, starting with low level events, and leading onto some being selected to officiate at high profile events such as the UK School Games.

Cost: £10

Booking Code: HCE1960

Course Title: Introduction to Rock-It-ball

Time: 9am - 1pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Since its launch at the Youth Sport Trust's Sports Colleges Conference in Feb 2006, Rock-It-Ball has spread rapidly through schools in the UK and has also started to be adopted by colleges, universities, community projects, youth organisations, the military, leisure centres and prisons, and features on four of the Youth Sport Trust's programmes. As a sport Rock-It-Ball is one of the few areas where male and female players compete on an equal basis. This is an intensive, practical course where delegates develop their skill levels through the session.

The course assumes everyone is a beginner and shows you how you can get people playing at a fast pace in 10 minutes. Throughout the session all the basic skills are covered along with ideas for drills and practices. Delegates can also try their hand at officiating.

Cost: £20

Booking Code: HCE1961

Course Title: Netball - Attacking Skills (Workshop C)

Time: 10am - 1pm

Location: North Herts College, Hitchin

Description: Coaching a range of attacking skills, dodging, feeding, vision improve your players attacking skills with a range of different drills

Cost: £10

Booking Code: HCE1958C

Course Title: Netball - Ball Skills (Workshop D)

Time: 2pm - 4pm

Location: North Herts College, Hitchin

Description: Ball Skills are very important to all players and will improve players overall game, learn how to coaching these including ball on a wall and different group drills

Cost: £10

Booking Code: HCE1959D

Course Title: Futsal Level 1

Time: 9am - 5pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The course is designed to give the candidate an understanding of the game of Futsal and how to introduce it into their football environment. On completion of the course a successful candidate should: understand and appreciate the fundamentals of Futsal; organise and coach the basic skills and techniques of Futsal; understand the basic principles of attack and defence of Futsal; appreciate the "Laws of the Game" of Futsal; have an appreciation of the fitness demands of Futsal

Cost: £27.50

Booking Code: **This is a NON HSP Booking course, please contact Sharon Gill on 01462 650 208 or e-mail sharon.gill@hertfordshirefa.com**



Also Running

Basketball Level One Coach Award - Course B (Day 2 of 2 – start date 18 February)

Time: 9.30am - 4.30pm

SLUK Dance Leaders Award (Day 5 of 5 – start date 15 February)

Time: 9.30am - 4.30pm

ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 5 of 6 – start date 15 February)

Time: 9.30am – 5pm

RFU Level One Coaching Award (Session 3 – start date 15 February)

Time: 9.30am - 5pm

(For booking codes, see Day 1 of courses)

Online booking available @ www.sportinherts.org.uk



Friday 19th February 2010 Cont.....



Course Title: Swimming - Intro to Breaststroke (CPD 1)

Time: 9.30am - 12.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The seminar describes all areas of Breaststroke using the 'BLABT' principle as the organisational structure. It looks at all aspects of Breaststroke for the beginner swimmer and gives examples of good teaching points for each technical area.

Cost: £20

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the online ASA booking form*

Course Title: Swimming - Intro to Back Crawl (CPD 2)

Time: 1pm - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The seminar describes all areas of Back Crawl using the 'BLABT' principle as the organisational structure. It looks at all aspects of Back Crawl for the beginner swimmer and gives examples of good teaching points for each technical area.

Cost: £20

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the online ASA booking form*

Course Title: Liverpool: The Winning System

Time: 7pm - 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This interactive lecture concentrates on the 60s,70s and 80s - three decades when the Liverpool club totally dominated not only British football but Europe as well. Malcolm Cook was Coach at the club during the 80s and has gathered a wealth of information about how they managed to attain this excellence.

The method or system they created and evolved is still highly applicable today and will be of great interest to any coach at any level. Malcolm has added some revealing video footage plus a handout for coaches which allows them to interact and learn how these principles could be used within their own coaching environment.

The session will demonstrate how the men from Anfield set their vision for the club; revolutionised their training and preparation; the way they built their teams and developed superior team-spirit; their motivational strategies; and how they recruited potential and turned it into greatness.

Packed with footballing anecdotes, delivered by one of the most highly regarded coaches to have come out of Glasgow, who can honestly say "I was there" - this is a 'not to be missed' session for all football and coaching enthusiasts.

Cost: £10

Booking Code: HCE1963

Course Title: Strength and Conditioning Masterclass

Time: 1pm - 6pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: Tim Newenham and Andy Allford will provide you with an introduction to the world of strength and conditioning, giving you examples of exercises and work for developing strength, stability, power, speed and agility utilising various training techniques.

This session is aimed at sports coaches who want to increase their knowledge in strength and conditioning.

Cost: £30

Booking Code: HCE1962

Course Title: Cricket - Coaching Batters 2 (Theory - CDW 2)

Time: 6pm - 9pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This classroom based workshop, led by Trevor Brown, concentrates on practical guidelines for using video cameras when working with batters.

Cost: £20

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the ECB booking form*

Online booking available for all course @
www.sportinherts.org.uk

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Saturday 20th February 2010

Course Title: Bollywood Dance Workshop (Day 1 of 2)

Time: 9.30am – 4.30pm

Location: Francis Bacon School, St Albans

Description: The LOVE Bollywood Dance School has a growing reputation for offering fun, high energy classes featuring easy to follow Bollywood steps and routines inspired by all the top Bollywood films.

This two day workshop will provide top-up training for existing qualified instructors, leaders and teachers, to help them deliver Bollywood-style sessions as an alternative to more established dance/aerobics sessions.

Cost: £50

Booking Code: HCE2065

Course Title: Squash Coaches' Workshop with Paul Carter

Time: 9.30pm- 11.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This workshop offers a unique opportunity to learn from one of the country's very best coaches and develop your understanding of the latest coaching techniques used in helping players reach their potential in the modern game.

Cost: £10

Booking Code: HCE2067

Course Title: Pre Service Teachers Course

Time: 9.30am – 4.30pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The course will be held over the whole day and will analyse good practice within PE in the National Curriculum. The format will consist of practical workshops and seminars through a range of different approaches and activities. Lead trainers will include Tom Browne (University of Singapore), Simon Barr (Deputy Head Teacher of a large Primary School in Hertfordshire) and Barry Costas (University of Hertfordshire).

Cost: £10

Booking Code: HCE2070

Course Title: Judo Level 2 UKCC Coaching Award (Day 1 of 5)

Time: 9am - 5pm

Location: St Albans Judo Club, St Albans

Description: The course is held over 5 days including an assessment day.

The fourteen modules covered in this level 2 coaching award are:

Judo Coaching – The Big Picture; Knowing your Players; Basic judo principles; Introducing Coaching skills with style ; Judo Principles & Breaking down techniques; Safe Judo; Planning and Evaluation; The Whole Judo Player; Adapting sessions; Developing Coaching Skills with style; Managing a quality session

Cost: £425

Booking Code: *This is a NON HSP Booking course, please visit www.sportinherts.org.uk and follow the link to the British Judo booking form*

Course Title: Inner Game

Time: 9am - 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: This course gives coaches a clear understanding of the underlying principles of the Inner Game: focused attention, trust, choice and non-judgemental awareness.

These fundamentals enable students to begin to master their inner game and to learn more naturally and efficiently. The process recognises their individuality and encourages greater involvement and therefore motivation. Most importantly, this style of coaching is a catalyst for inspiring self-belief.

Cost: £50

Booking Code: HCE2068

Course Title: ETTA Coach Education Day

Time: 9am – 4pm

Location: Hertfordshire Sports Village, de Havilland Campus, Hatfield

Description: The workshop covers various topics combining a mixture of theoretical and practical sessions, including: Goal Setting & motivation; Session Structuring and planning; Service. All coaches will receive a resource pack, and Certificate of Attendance.

Cost: £20

Booking Code: HCE2069

Also Running

Triathlon Level One Coaching Certificate
(Day 3 of 3 – start date 13 February)

Time: 8am - 6pm

Booking Code: HCE1306

Additional Course Days (post Coach Ed Week)

SUNDAY 21st FEBRUARY

Bollywood Dance Workshop (Day 2 of 2)

Time: 9.30am – 4.30pm

Booking Code: HCE2065

Judo Level 2 UKCC Coaching Award (Day 2 of 5)

Time: 9am – 5pm

Booking Code: N/A

SATURDAY 27th & SUNDAY 28th FEBRUARY

YMCA Kids Street Dance (Days 4&5 of 5)

Time: 9.30am – 4.30pm

Booking Code: HCE1515

SATURDAY 17th & SUNDAY 18th APRIL

Judo Level 2 UKCC Coaching Award (Days 3&4 of 5)

Time: 9am – 5pm

Booking Code: N/A

SUNDAY 30th MAY

Judo Level 2 UKCC Coaching Award (Day 5 of 5)

Assessment Day

Time: 9am – 5pm

Booking Code: N/A

3rd Annual Herts Coaching Conference

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Sunday 21st February 2010

09.00	Registration - Teas & Coffees (De Havilland Refectory)						
10.00 – 11.00	Keynote Opening Address: Sir Ian McGeechan (Room N001)						
Time	Cricket Hall	Sports Hall 1	Sports Hall 2	Sports Hall 3	Room N106	Room N108	
11.15 - 12.15	Stewart Hunt (Challenging Behaviour) SESSION A	Martin Andrews (Badminton) SESSION B <i>Practical Session</i>	Andy Allford (Developing coaching practice in Speed and Agility training) SESSION C	Tom Browne (Assessing Game Performance) SESSION D <i>Practical/Theory Session</i>	Tim Newenham (Herding Cats) SESSION E	James Collins (Using Supplements for Sport) SESSION F	
12.30 - 13.30	Stewart Hunt (Challenging Behaviour) SESSION G		Andy Allford (Developing coaching practice in Speed and Agility training) SESSION H	Tom Browne (Assessing Game Performance) SESSION I <i>Practical/Theory Session</i>	Tim Newenham (Herding Cats) SESSION J	James Collins (Using Supplements for Sport) SESSION K	
13.30 – 14.30	Lunch (De Havilland Refectory)						
14.30 – 15.30	Keynote Address - Terry Denison – <i>Ten P's of Great Coaching</i> (Room N001)						
Time	Cricket Hall	Sports Hall 1	Sports Halls 2 & 3	New Gen 1	New Gen 2	Room N101	Room N105
15.30 – 17.00	Jamie Hewitt (Cricket) SESSION L <i>Practical Session</i>	Tony Sephton (Improve Your Game Speed) SESSION M <i>Practical Session</i>	Maggie Jackson (Netball) SESSION N <i>Practical Session</i>	Malcolm Cook (Football: Freeflow Coaching) SESSION O <i>Practical Session</i>	Tom Browne (Coaching Sporting Concepts- Principles of Play) SESSION P <i>Practical Session</i>	David Turner (‘All Time Greats’ Lecture) SESSION Q <i>Finishes at 17:30</i>	Dr Steve Ingham (Training Stress, Recovery and Adaptation) SESSION R
17.00	Conference Close						

Conference Fee: £10 Booking Code: HCC2010
Includes annual membership of the Herts Coaches' Association

Online booking and hard copy booking forms available from:

www.sportinherts.org.uk

Conference Starts at 10am
(Registration from 9am)
University of Hertfordshire De Havilland Campus
Hatfield Business Park
Hatfield
Hertfordshire
AL10 9EU



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Summary by venue

Hertfordshire Sports Village

Date	Time	Course Title	Cost	Booking Code
13/02/10	10am - 4pm	SportSense™ One Target Games	£10	HCE1302
13/02/10	9am-1pm	Badminton: Line Judges	£10	HCE1303
13/02/10	9am-5pm	Badminton: Umpires Course	£25	HCE1304
13/02/10	9am-1pm	TOP SportsAbility Course (Teachers): Course A	£20	HCE1305A
13/02/10	2pm-6pm	TOP SportsAbility Course (Teachers): Course B	£20	HCE1305B
13/02/10	8am-6pm	Level One Certificate in Coaching Triathlon (Day 1 of 3)	£300	
14/02/10		Level One Certificate in Coaching Triathlon (Day 2 of 3)		HCE1306
20/02/10		Level One Certificate in Coaching Triathlon (Day 3 of 3)		
14/02/10	9.30am-4.30pm	First Aid for Appointed Persons	£50	HCE1408
14/02/10	11am-5pm	SportSense™ Two Net and Wall Games	£10	HCE1409
14/02/10	9.30am-5pm	Lacrosse Level One Development Coach Award	£50 (£40 Students)	N/A
14/02/10	9am-5pm	Typhoo Sports for All: Disability Inclusion Course	FREE	N/A
14/02/10	9am-5pm	FA: Club Referees Course	£10	HCE1411
14/02/10	2pm - 4pm	Video Analysis Workshop	£10	HCE1410
15/02/10	9.30am – 4.30pm	First Aid for Appointed Persons	£50	HCE1517
15/02/10	9.30am-5pm	ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 1 of 5)	£225	N/A
16/02/10	9.30am-5pm	ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 2 of 5)		
17/02/10	9.30am-5pm	ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 3 of 5)		
18/02/10	9.30am-5pm	ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 4 of 5)		
19/02/1	9.30am-5pm	ASA Level One Certificate for Coaching Swimming - Units 1 & 2 (Day 5 of 5)		
15/02/10	10am-4pm	SportSense™ Three Striking and Fielding Games	£10	HCE1518
15/02/10	9am-1pm	Dodgeball Level One Coaching Award	£30	HCE1519
15/02/10	1.30pm-5pm	Rounders: The Preliminary Umpires Award	£15	N/A
15/02/10	2pm-5pm	Challenging Behaviour workshop	£10	HCE1520
15/02/10	10.30am-1pm	Tag Rugby	£15	HCE1521
15/02/10	2pm-5pm	Rugby Ready	£15	HCE1522
15/02/10	6.30pm-9.30pm	ScUK: Equity in your Coaching	£30	HCE1523

Coach Education Week >

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Summary by venue

Hertfordshire Sports Village **Cont.....**

Date	Time	Course Title	Cost	Booking Code
15/02/10	7pm-10pm	RFU Level One Coaching Award - Session 1	£100	HCE1524
16/02/10	9am -5pm	RFU Level One Coaching Award - Session 2		
19/02/10	9am -5pm	RFU Level One Coaching Award - Session 3		
15/02/10	7pm - 9pm	Brendan Venter: Core Values for Coaching	FREE	HCE1525
16/02/10	10am-1pm	Primary Schools Teacher Tennis Training	FREE	HCE1627
16/02/10	9am-5pm	Rounders: The Intermediate Umpires Award	£20	N/A
16/02/10	10am-1pm	Rugby: CPD 1(Defence in Play)	£15	HCE1628
16/02/10	1-4pm	Competition Organisers Course (Tennis)	FREE	HCE1629
16/02/10	4-6pm	Tri Golf Activators	£10	HCE1630
16/02/10	6-8pm	Core Stability	£20	HCE1631
16/02/10	6.3pm --9.30pm	scUK: Safeguarding & Protecting Children	£30	HCE1632
16/02/10	6.30pm-9.30pm	scUK: LTAD workshop	£30	HCE1633
17/02/10	10am-1pm	Rugby CPD 2 (Back play from set piece)	£15	HCE1737
17/02/10	10am-2.30pm	Boccia Young Officials Award	£30	HCE1738
17/02/10	3pm-5pm	Breaking Down Barriers in Disability Sport	FREE	HCE1739
17/02/10	10am-4pm	SportSence™ Four Invasion Games	£10	HCE1740
17/02/10	9am-1pm	Volleyball: Mini Volley	£20	HCE1741
17/02/10	1pm-5pm	Volleyball: Super mini volley	£20	HCE1742
17/02/10	6.30pm-9pm	All Pain No Gain	£20	HCE1743
17/02/10	7pm-9pm	Legends Lecture: Sir Clive Woodward	£10	TBC
17/02/10	7pm-9pm	Performance Nutrition	£10	HCE1744
17/02/10	6.30pm-9.30pm	scUK: Coaching Children & Young People	£30	HCE1745
17/02/10	6.30pm-9.30pm	scUK: How to Coach Disabled People in Sport	£30	HCE1746
17/02/10	6pm-9pm	Cricket CDW3 Coaching Bowlers (Theory)	£20	N/A
17/02/10	2pm -5pm	Rugby CPD 3 (Team Selection)	£15	HCE1747
18/02/10	9am-3pm	FA: Coaching Disabled Performers	£15	N/A
18/02/10	9.30am-4.30pm	scUK: Multiskills Inclusion	£50	HCE1851

Coach Education Week >

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Hertfordshire Sports Village **Cont.....**

Date	Time	Course Title	Cost	Booking Code
18/02/10	10am-1pm	Quicksticks	£25	HCE1852
18/02/10	1.30pm-4.30pm	Cricket CDW 1: Coaching Batters 1 (Practical)	£20	N/A
18/02/10	10am-1pm	Rugby: CPD 4 (Half Back Play)	£15	HCE1853
18/02/10	2pm-5pm	Rugby: CPD 5 (Performance Analysis)	£15	HCE1854
18/02/10	10am-4pm	Rugby Workshop: Tom Browne	£10	HCE1855
18/02/10	7pm-9pm	Legends Lecture: Sir Alex Ferguson	£10	TBC
18/02/10	6.30pm-9.30pm	scUK: Safeguarding & Protecting Children workshop	£30	HCE1856
18/02/10	6.30-9.30pm	scUK: Coaching Disabled Performers	£30	HCE1857
19/02/10	9am-5pm	Futsal Level 1	£27.50	N/A
19/02/10	9am-1pm	Badminton Young Officials Award	£10	HCE1960
19/02/10	9am-1pm	Introduction to Rock-It-Ball	£20	HCE1961
19/02/10	6pm-9pm	Cricket CDW 2 Coaching Batters 2 (Theory)	£20	N/A
19/02/10	1pm-6pm	Strength & Conditioning masterclass	£30	HCE1962
19/02/10	7pm-9pm	Liverpool: The Winning System	£10	HCE1963
19/02/10	9.30am-12.30pm	Swimming CPD 1 (Intro to Breaststroke)	£20	N/A
19/02/10	1pm-4pm	Swimming CPD 2 (Intro to Back crawl)	£20	N/A
20/02/10	9.30-11.30am	Squash Coaches' Workshop	£10	HCE2067
20/02/10	9-4pm	Inner Game	£50	HCE2068
20/02/10	9-4pm	ETTA: Coach Education Day	£20	HCE2069
20/02/10	9.30-4.30pm	Pre Service Teachers course	£10	HCE2070

North Hertfordshire College

Date	Time	Course Title	Cost	Booking Code
14/02/10	10am - 1pm	Netball Pre Level 1: Course A	£10	HCE1301A
14/02/10	2pm - 5pm	Netball - Introduction to High 5 (Course A)	£10	HCE1407A
15/02/10	10am - 1pm	Netball - Strength and Conditioning	£10	HCE1512
15/02/10	2pm - 4pm	Netball - Workshop A (Shooting Skills)	£10	HCE1513A
16/02/10	10am - 4pm	Netball - Certificated working towards your C Award	£16.50	HCE1626
17/02/10	10am - 1pm	Netball Pre Level 1: Course B	£10	HCE1734B
18/02/10	10am - 1pm	Netball - Introduction to High 5 (Course B)	£10	HCE1848B

Coach Education Week >

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North Hertfordshire College **Cont.....**

Date	Time	Course Title	Cost	Booking Code
18/02/10	1pm - 4pm	Netball - Workshop B (Defending Skills)	£10	HCE1849B
19/02/10	10am - 1pm	Netball - Workshop C (Attacking Skills)	£10	HCE1958C
19/02/10	2pm - 4pm	Netball - Workshop D (Ball Skills)	£10	HCE1959D
20/02/10	2pm - 4pm	Netball - Rules relating to Your Coaching	£10	HCE2064

Stanborough School

Date	Time	Course Title	Cost	Booking Code
15/02/10	9.30am – 4.30pm	SLUK Dance Leadership Award (Day 1 of 5)	£50	HCE1516
15/02/10	9.30am – 4.30pm	SLUK Dance Leadership Award (Day 2 of 5)		
15/02/10	9.30am – 4.30pm	SLUK Dance Leadership Award (Day 3 of 5)		
15/02/10	9.30am – 4.30pm	SLUK Dance Leadership Award (Day 4 of 5)		
15/02/10	9.30am – 4.30pm	SLUK Dance Leadership Award (Day 5 of 5)		

Francis Bacon School

Date	Time	Course Title	Cost	Booking Code
15/02/10	9.30am- 4.30pm	Basketball Level One Coach Award - Course A (Day 1 of 2)	£50	HCE1514A
16/02/10	9.30am- 4.30pm	Basketball Level One Coach Award - Course A (Day 1 of 2)		
15/02/10	9.30am- 4.30pm	YMCA: Kids Street Dance (Day 1 of 5)	£500	HCE1515
16/02/10	9.30am- 4.30pm	YMCA: Kids Street Dance (Day 2 of 5)		
17/02/10	9.30am- 4.30pm	YMCA: Kids Street Dance (Day 3 of 5)		
27/02/10	9.30am- 4.30pm	YMCA: Kids Street Dance (Day 4 of 5)		
28/02/10	9.30am- 4.30pm	YMCA: Kids Street Dance (Day 5 of 5)		
17/02/10	9am -5pm	SAQ	£120	HCE1736
18/02/10	9.30am- 4.30pm	Basketball Level One Coach Award - Course B (Day 1 of 2)	£50	HCE1850B
19/02/10	9.30am- 4.30pm	Basketball Level One Coach Award - Course B (Day 1 of 2)		
20/02/10	9.30am- 4.30pm	Bollywood Dance Workshop (Day 1 of 2)	£50	HCE2065
21/02/10	9.30am- 4.30pm	Bollywood Dance Workshop (Day 2 of 2)		

St Albans Judo Club

Date	Time	Course Title	Cost	Booking Code
20/02/10	9am-5pm	Judo (Day 1 of 5)	£425	N/A
21/02/10	9am-5pm	Judo (Day 1 of 5)		
17/04/10	9am-5pm	Judo (Day 1 of 5)		
18/04/10	9am-5pm	Judo (Day 1 of 5)		
30/05/10	9am-5pm	Judo (Day 1 of 5) Assessment		

Sponsor and Partners >

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This year's coach education week and coaching conference would not have been possible without the valued and continued support from the following partners:





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