



SMART COACH

INSPIRING COACHES

Providing workshops for coaches that offer an opportunity to ask questions, create networks, and be inspired to provide sporting experiences that encourage players to be lifelong participants.

The SMART COACH model offers coaches and organisations a pick and mix of one-off workshops, and or short or long courses.

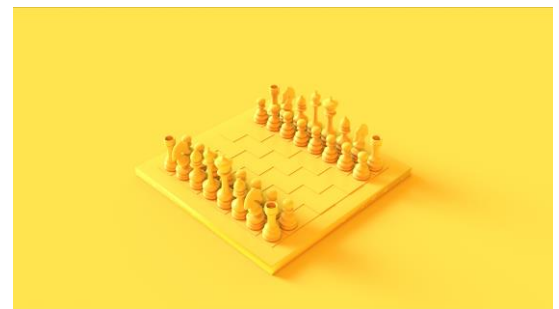
Workshop and programme topics?
Please turn the page.

For more information,
contact

Sam Knight

📞 0275085508

✉️ sam@wilss.ac.nz



SMART COACH

WORKSHOPS

These are designed to be a “pick n mix” which can be tailored to suit the group numbers, experience and the collective WIIFM (What’s in it for me). We also offer via zoom or face to face.

SMART COACH

Smart coach is made up of three separate workshops that cover the ART of COACHING. Designed as a package deal for those coaches who are in the early stages of their coaching experience.

Looking specifically at:

1. Why you want to coach? ... What’s in it for me? (WIIFM)
2. What makes a good coach?
3. Balance is Better – a holistic look at your players needs.
4. Setting Boundaries: What are your expectations, for yourself, for your team, for your external stakeholders?
5. What’s your communication like and why is it important?
6. Planning makes perfect, design, innovation, challenge.
7. Being a good role model leads to being a good person.

Topics include:

- Confidence in Coaching
- Role Modeling
- Team Culture – There’s no I in team.
- Management of Athletes.
- Progression and Transition.
- Warm up and Training Styles
- Reflection
- TGFU (Teaching Games for Understanding)