



Metro Boston Coaches Academy

5 Prospect Street * Acton MA 01720 * 978-201-1024
www.instituteforsportcoaching.org

Successful Youth Coaching Workshop

Successful Youth Coaching Workshop is a four hour coaching education program designed for youth sport coaches. The program's objectives are to provide volunteer coaches with the tools, resources and support to enhance their coaching effectiveness based upon the *National Standards for Sport Coaches*. This workshop is focused specifically on supporting the efforts of volunteer sport coaches. The workshop is interactive as well as informative, combining the latest in coaching effectiveness strategies with opportunities for information sharing and discussion.

The *Successful Youth Coaching Workshop* consists of five main areas of concentration:

Developing a Coaching Philosophy

- Clarifying youth sport objectives
- Creating a youth sport philosophy
- Testing your coaching philosophy

Developing a Planning Approach

- Developing a season plan
- Components of effective practices
- Developing practice plans

Approaches to Teaching Sport Skills

- Strengths and drawbacks of drills and skills
- Implementing a Games Approach to practices
- Age and developmental considerations

Communication & Motivation Techniques

- Effective communication techniques
- Providing feedback
- Building credibility with athletes

Challenges Facing Today's Youth

- Substance Abuse
- Diversity Awareness
- Conflict Resolution

Upon completion of the four-hour Workshop, participants will be enrolled in the Metro Boston Coaches Academy's Registry of Volunteer Coaches. Registered coaches will have access to on-going support and resources.

SPONSORED BY GREATER LAWRENCE COMMUNITY BOATING

MARCH 20, 2010

10am-2pm

Abe Bashara Community Boathouse

1 Eaton St.

Lawrence, MA 01842

Call 978-681-8675 to RSVP

For more information, please contact Christopher Hickey, Executive Director, Institute for Sport Coaching (978-201-1024 or chris.hickey@instituteforsportcoaching.org).

Better Coaching, Better Sports