

Level 2 Coaching Course : Event Coaching



Event Coaching



Workshop / discussion / practical



Unit Overview: Topics

- Training role Vs competition role
- Considerations
- Planning for competition
 - Seasonal
 - Tournament
 - Other

Duration: Approx 1 hour



Differences: Season & Tournament

- Analysis of day-to-day role in a normal season
- What is different in a 2-5 day tournament ?
- What can coaches do to make any differences work for them ?



Some considerations . . .

- Travel (including daily to-and-from)
- Accommodation (including sharing)
- Food
- Recovery
- Economical
- Environment
- Psychological issues
- Other ?

Consider domestic and international

Murphy's Law

Questions ?

