



Recruit, Retain & Reward your Coaches with SMART coach

For your Students who are or want to coach

SMART Coach workshops have been designed for the coach with little or no experience. The programme is tailored to suit the needs of the participants.

Some of the key concepts' coaches will discuss...

- The Art of Coaching
- Coaching Styles
- Getting Organised
- TGFU concepts
- Coaching Philosophy
- Establishing Expectations
- Planning to plan
- Sideline Behaviour

For more information or if you'd like to book a SMART Coach session contact **Kath Dobson**

Ph: 07 839 9908 Mobile: 021 1492027
or email: kath@wilss.ac.nz

Course cost

\$180 less \$120 Sport Waikato Funding. So, you only pay: **\$60 (includes GST)**

SMART
coach





SPORT & RECREATION

Behind every sports team is an army of workers – usually volunteers – who take on the role of referee, administrator and coach.

[REGISTER ONLINE \(/registration/\)](/registration/)

Smart Coach - Sport Coach Courses

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SMART Coach is for first-time coaches seeking to support a school level sports team. The programme can lead towards a national qualification and is tailored to the needs of participants. The programme can also be delivered with unit standards within its content.

This essential programme teaches a first-time coach how to:

- manage groups of young people
- communicate and impart skills
- structure and deliver a coaching session
- cope with sideline behaviour of parents and children
- get and stay organised
- implement effective planning processes.

Key concepts

- confidence in coaching
- management of athletes
- warm up and training styles
- team cohesion
- nutrition and hydration
- other coaching topics, techniques and tips
- specific to coaching young people

Contact us (</contact/>) today to find out more about this programme!

Naomi Bates - Sport Programmes Manager

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