

Introduction

https://www.youtube.com/watch?v=bp_5-lli8n4

What is your story?

What is my story?









MATCHDAY 23 - WL2

REDS ON THE ROAD
 ABERBARGOED BUDS
 18.03.17

ABERBARGOED BUDS V BRITON FERRY LLANSAWEL
 SAT 18TH MARCH 2017 - KO2.30PM
 CCB CENTRE
 HENCOED

bflafc.com  **macron**store







A dark, irregular ink blot with splatters on a white background. The blot is roughly circular with jagged edges and several smaller splatters around it.

What is your
story?



Your sport?
Why you play/played
Who is / are your influences

<https://www.youtube.com/watch?v=Q-gNKyUvQh4>



Introduction



Today – What will I be doing, how will I achieve my grade, what will I be delivering, who will I be delivering to?



Introduction

Your experiences in coaching: Flip chart and post its.

- What experience do you have in coaching / teaching sports & activity
- What did you enjoy last year
- What you found challenging last year
- What you would like to do / expect to cover in this module

Mark Napieralla: Advanced Sports Coaching: M5X01428

- **My expectations / standards:**
 - Attendance- If you cant attend email me before the lecture starts
 - Professionalism / language
 - Mobile Phones- Not allowed unless requested
 - Hand in work on time
 - Value everyone's views, challenge, agree and disagree
 - Bring a PEN! Note paper
- **My way of delivering:**
 - Demonstrations
 - Practical tasks
 - Use of technology
 - Real life experiences
 - Energisers / brain mashing
 - Support networks / learner centred
 - Research / further reading

Introduction

How to achieve your grade: 50%- Now – Christmas (Advanced Coaching)
50%- Christmas – Easter (Mentoring)

Attendance is key! More so in this module

A1 Assignment

5 Practical delivery plans and evaluations/reflection 50%

A written task worth 50%

2x hand in dates

R1- 2x plans

R2- Everything else

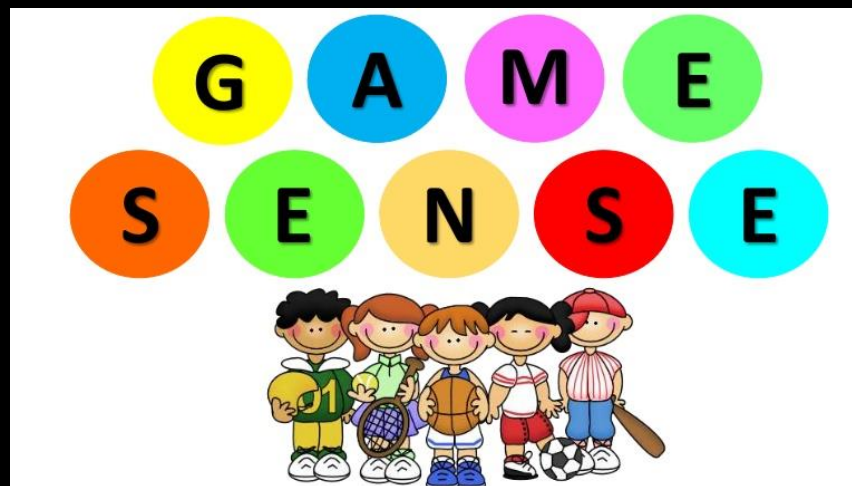


Introduction

Who will we be delivering to?

Primary schools- different ages
Sports students -Comprehensive school
Special needs group
Students
Bronze Ambassadors

What will you be delivering?- Games sense, multiskills, sport specific, your sport, gamification



Introduction

9am lecture – 10:45 / 11 APPROX

LC- 11:30am – 2:30pm

Groupings

To be confirmed
Changing at times
Viewing others will be key
Pick up ideas / research new



Introduction

What does and advanced coach look like?

Task

Draw your coach with items / images that represent aspects of being an advanced coach:



Introduction

What methods can you use to maintain control of a group:

Game- Name them.

First group says 1, the next group says one more or name them. The group that says name them wins if the team cant name that amount. If they can the group wins.

How do we learn to do different skills?

Game- Change thumb to a gun



PRODUCED BY:

Arletdesign

Arlet Wales
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GAMES FOR SPORTS



KING BALL

AIM: TO GET ALL OF THE OTHER TEAM ON TO THEIR BENCH

HOW TO PLAY:

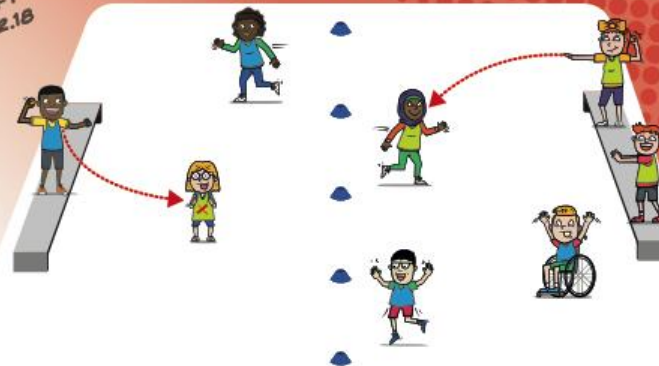
- 1 The area is set up as a square, a half way line of cones and two benches either end.
- 2 Each team must nominate one king to stand on the 'bench' at the other end.
- 3 The ball must be thrown to the king and the king tries to hit the other team.
- 4 The king can't move off the bench.
- 5 If you are hit by the king you join your king on the bench.
- 6 The team to get all the other team as king wins.

TIP!
PRACTICE BALL
THROWING BEFORE
THEY PLAY THE GAME
- COPY THIS POSE!



DRAFT
26.02.18

DRAFT
26.02.18



KING BALL

EQUIPMENT

- ▶ 1 soft ball
- ▶ 6 cones
- ▶ 2 benches

EDD

Explain

Demonstrate

Do

STEP

Space

Task

Equipment

People



What's the most
difficult thing
for a player to
do in football?



Making the right
decision at the
right time

How to
improve this?

Introduction

Suggested reading- Developing game sense through tactical leaning (Breed & spittle), game sense journals on moodle

Look at pe games / multiskill games for children- Pinterest, you tube, google
My booklet

Next week

You will deliver a 10 minute game sense session to teach a skill for a sport of your choice to around 8-12 participants.

Teach them one skill only but in a FUN game and not a drill ! NO DRILLS

This Week- LC 11:30- 1:30pm

My demonstration- using control methods, EDD, multiskill games and how to teach skills within games. Gamification during skill drills. Moving from basic to more advanced session. Preparing for Year 1 students (6 year olds)