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Day 1

9am –9.30am
9.30am –10am
10am –11.30am
11.30am –1pm
1pm – 2pm
2pm -3pm
3pm -3.30pm
3.30pm-4.30pm
4.30pm – 5pm

REGISTRATION AND INTRODUCTION
Delivering warm ups
Grip/Moving with the ball/ Elimination
Moving the ball/Receiving
LUNCH
Role of the assistant Coach
Health and Safety
Starting a session/warm ups
Planning

Home Study Tasks – Accident Report Form, Working with Children, Rules, Evaluation and Session plan

DAY 2

9am – 10am
10am – 11am
11am-12pm
12pm – 1pm
1pm – 2pm
2pm – 3.30pm
3.30pm-5pm

Small Game Play
Rules of the game
Working with children and young people
LUNCH
Theory Test Paper
Goalscoring
Mock Assessments

Home Study Tasks – Session plan and any tasks not completed

DAY 3

1pm – 4pm

4pm – 5pm

Practical Coaching 1pm (2) 1.30pm (4) 2pm (6)
Practical Coaching 2.30pm (8) 3pm (10) 3.30pm (12)

COURSE REVIEW AND WIND UP