

## Coaching Children (Online Classroom)

Reinvigorate your approach to coaching children. This online classroom incorporates the latest research on essential topics that are intrinsic in the coaching of children between the ages of 5 and 12.



This is an exciting chance for you to reconsider the emphasis of your coaching and enhance the experience of your young participants. You'll come away with all the innovative techniques and cutting-edge information you need to become a more effective coach.

The course has been awarded 2 CPD points by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

### What You Will Learn

#### **This online classroom will help you to:**

- understand the 'C' system, its relevance and how to apply it to effective coaching
- understand the importance of these key concepts in coaching children and the role in their physical and cognitive development
- develop, design and deliver your own sessions based on the concepts shared.

### Accompanying Resource

You will receive 3 months' access to an online version of this book that accompanies the Coaching Children Online Classroom.

The comprehensive 64-page book includes sections on:

- What is the holistic coaching of children?
- Why do we need to consider physical development?
- The importance of pedagogy, creativity and self-reflection.
- How age impacts on the joints, cardiovascular system, aerobic and anaerobic training, strength training, plyometric training, flexibility and mobility.
- Injury considerations and the importance of nutrition and hydration.
- Creating a learning environment that fulfils children's psychological needs.
- An introduction to games-based assessment.