

COACHING CHILDREN

how to optimise children's enjoyment, participation, and positive outcomes

First day, Thursday, August 12, 2021

09:00 – 10:30

Sports psychology and children, lecture
Children who play sports – personal view

Break

10:45 – 12:15

Challenges of coaching, workshop
Sports and child development, lecture

Lunch break

15:00 – 16:30

Build a winning team, workshop
Why do children take part in, and remain in sports, lecture

Break

16:45 – 18:15

Resilience and how to develop it, lecture
Goal setting, workshop

Second day, Friday, August 13, 2021

09:00 – 10:30

Coach as a role model in sports, lecture
My values as a coach, workshop

Break

10:45 – 12:15

Being the best: risk factors for mental health, lecture
What would you ask a sports psychologist?