

## Club Coach Youth Agenda

### FORMAT: ONE DAY

Time	Topic	Length of Module
8:00-8:25 am	Introduction	25 minutes
8:25 – 9:15 am	Module 1: Child Centred Coaching	50 minutes
9:15-9:25 am	Break	
9:25 -10:45 am	Module 1: Long Term Athlete Development Model	80 minutes
10:45 am – 12:00 pm	Module 2: Make Ethical Decisions	75 minutes
12:00 -12:30 pm	Lunch	
12:30 – 1:15 pm	Module 3: Safety	45 minutes
1:15 – 3:45 pm	Module 4: Teaching the Skills	150 minutes
3:45 – 4:00 pm	Break	
4:00 – 5:45 pm	Module 5: Practice Planning	105 minutes
5:45 – 6:00 pm	Wrap-up	15 minutes

### FORMAT: EVENING + ONE DAY

Time	Topic	Length of Module
7:00-7:25 pm	Introduction	25 minutes
7:25 – 8:15 pm	Module 1: Child Centred Coaching	50 minutes
8:15 - 8:25 pm	Break	
8:25 – 9:40 pm	Module 2: Make Ethical Decisions	75 minutes
9:40 pm	Wrap-up	

Time	Topic	Length of Module
9:00-9:10 am	Intro/Warm-up activity	10 minutes
9:10 -10:30 am	Module 1: Long Term Athlete Development Model	80 minutes
10:30 – 10:45 am	Break	
10:45 - 11:30 am	Module 3: Safety	45 minutes
11:30 - 12:15 pm	Lunch	
12:15 – 2:45 pm	Module 4: Teaching the Skills	150 minutes
2:45 - 3:00 pm	Break	
3:00 – 4:45 pm	Module 5: Practice Planning	105 minutes
4:45 – 5:00 pm	Wrap-up	15 minutes

**FORMAT: ONE FULL DAY + ONE HALF DAY**

<b>Time</b>	<b>Topic</b>	<b>Length of Module</b>
9:00-9:25 am	Introduction	25 minutes
9:25 – 10:15 am	Module 1: Child Centred Coaching	50 minutes
10:15-10:25 am	Break	
10:25 -11:45 am	Module 1: Long Term Athlete Development Model	80 minutes
11:45 -12:30 pm	Lunch	
12:30 – 1:15 pm	Module 3: Safety	45 minutes
1:15 – 3:45 pm	Module 4: Teaching the Skills	150 minutes
3:45 – 4:00 pm	Wrap-up	15 minutes

<b>Time</b>	<b>Topic</b>	<b>Length of Module</b>
9:00-9:10 am	Intro/Warm-up activity	10 minutes
9:10-10:25 am	Module 2: Make Ethical Decisions	75 minutes
10:25-10:40 am	Break	
10:40 am – 12:25 pm	Module 5: Practice Planning	105 minutes
12:25-12:40 pm	Wrap-up	15 minutes