

MOVING FORWARD

Personalised Club Coach Support Programmes

Why Moving Forward?

Coaching is tough and takes support and practice.

When coaching children we need to keep them safe, engaged, develop skills, build physical foundations, and ensure they enjoy themselveswhilst making sure its fun for us!!

National Governing Bodies (NGB) in sport run excellent coach education course for all coaches of various levels. You have access, if time, to understand the technical areas of your sport and watch, listen, or read information on how to coach.

Moving Forward will join the dots in your journey. We will be there when you need the support most, when you are coaching your players or athletes. We will spend time in conversation, observing you, listening to your reflections and challenges, and provide you with support to develop your coaching skills.

Our belief at Moving Forward is if we invest time in you the coach, the volunteer, the parent, who is coaching the young or novice participant, we can help develop your understanding of good coaching practice so both you and the people being coached will enjoy it more, get the health and wellbeing benefits from sport and most importantly keep coming back.



The Journey

Meet with the club or coach.
Find out their coaching needs and wants and how we can support their development.

Attend club training sessions and observe.

- Focus on Activity Levels
- Player engagement
- Player enjoyment
- Feedback to players

Confirm the personalised programme of support.

Watch and support coach at sessions.

Deliver workshops if required.

Reflect on coaching practice and feedback to individual or groups of coaches.

Feedback to club or coach and provide action plan for moving forward.

We focus on three coaching areas that will impact on how the player feels. If we develop these three areas our players will increase enjoyment, become more engaged, improve their skills, and keep coming back.

What you do

Planning and Preparation.
Session structure.
Activity levels.
Time on task.
Player engagement and enjoyment.
Technique and skill development zones v game like practice.

What you see

The environment.
The players activity.
The Players engagement.
Mistake culture.
During Technique ,skill and game zones.

What you say

The conversations you have with parents, players, and coaches.
The feedback you provide.
Fault correction v things done well
How you deliver your feedback.

What are the benefits to players or athletes from improved coaching

Increased activity

Increased enjoyment

Increased health and wellbeing

Increased connection to club and friends

Desire to continue with sport

What's on offer to your club?

Individual Coaching Support

Support for coaching teams

Develop a whole club approach to your coaching

Coach Development Workshops

Mentoring Programmes

What's the benefit to your club?

Coaches feel valued.

Increased enjoyment for coach.

Greater engagement from coaches, volunteers and parents.

Increased player engagement and enjoyment.

Improved player skill development.

Increased player retention.

Contact us

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