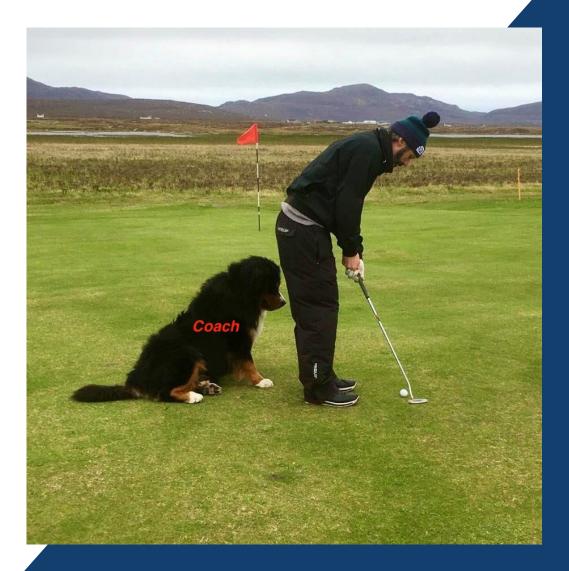
## MOVING FORWARD

**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 themselves .....whilst 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.





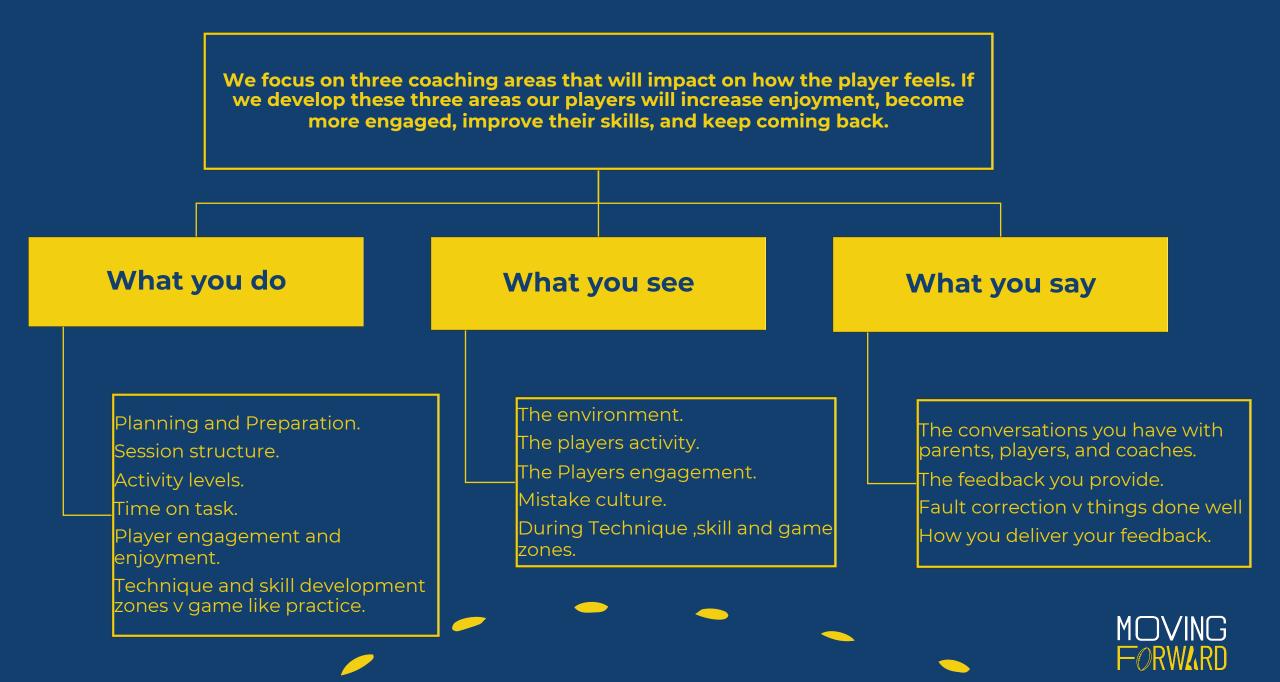
Meet with the club or coach.

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.



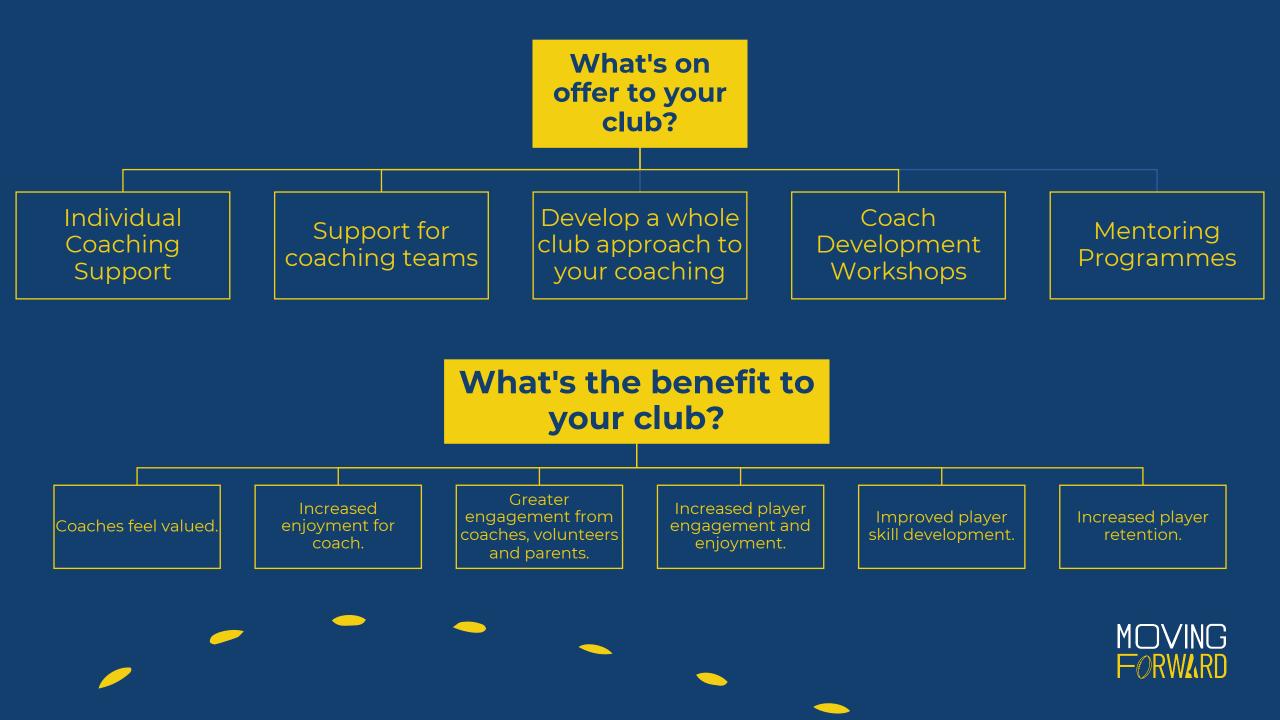












## **Contact us**

## MOVING FORWARD

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