

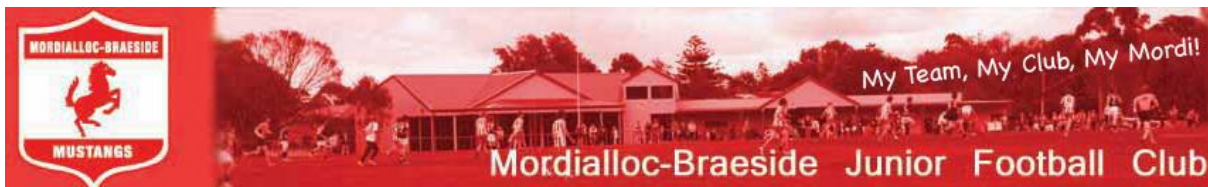
### **MBJFC Coach Development Workshop Outline**

*Saturday March 17th, 2018*

*9.00am-3.00pm*

Items to cover: Importance of TM/Developing a Coaching philosophy/Case Study; MBJFC Coaches Booklet (resource discussion); MBJFC Warm Up drills (practical); Interchanger App (Murray Bird); Club Wide Concepts/Game Planning/Question time.

<b>Time</b>	<b>Who</b>	<b>Content to be covered</b>
8.15am-9.00am	POG, DC and CM	Setup for day; tables and chairs; wall space preparation; AV check
9.00am-9.10am	POG	Welcome – explain roles including Match Committee; brief summary of self and overview of role at MBJFC.
9.10am-9.30am	POG	Introduction of all Coaches – ask each Coach to introduce self, the team they are Coaching and one thing they would like to get out of the upcoming season as a Coach
9.30am-9.40am	Sonia Orchard	Team Manager summary and information
9.40am-10.15am	POG	Coaching Philosophy – what do you stand for? Case study application
10.15am-10.25am	POG	Drink break
10.25am – 11.00am	POG	Learning Styles - know your own, understand the impact on Coaching
11.00am-11.30am	POG	MBJFC Coaches Booklet – explanation of material/resources contained;
11.30am-12.00pm	POG	On ground: Conduct Mord-Brae Warm Up drills (POG)/Decision making drills
12.00pm-12.45pm	All	Lunch



12.45pm-1.30pm	Murray Bird – Interchanger App	Murray will present to all MBJFC Coaches on Interchanger App, how it can be used and its benefits to Club Coaches – this will replace the Excel spreadsheet previously used
1.30pm-2.15pm	POG	Club Wide Philosophy and Overview - Concepts and Vocabulary Explanation of vocabulary and concepts we expect to be Coached throughout age groups
2.15pm-2.45pm	POG	On ground drills to demonstrate concepts/vocabulary
2.45pm-3.00pm	POG	Question Time