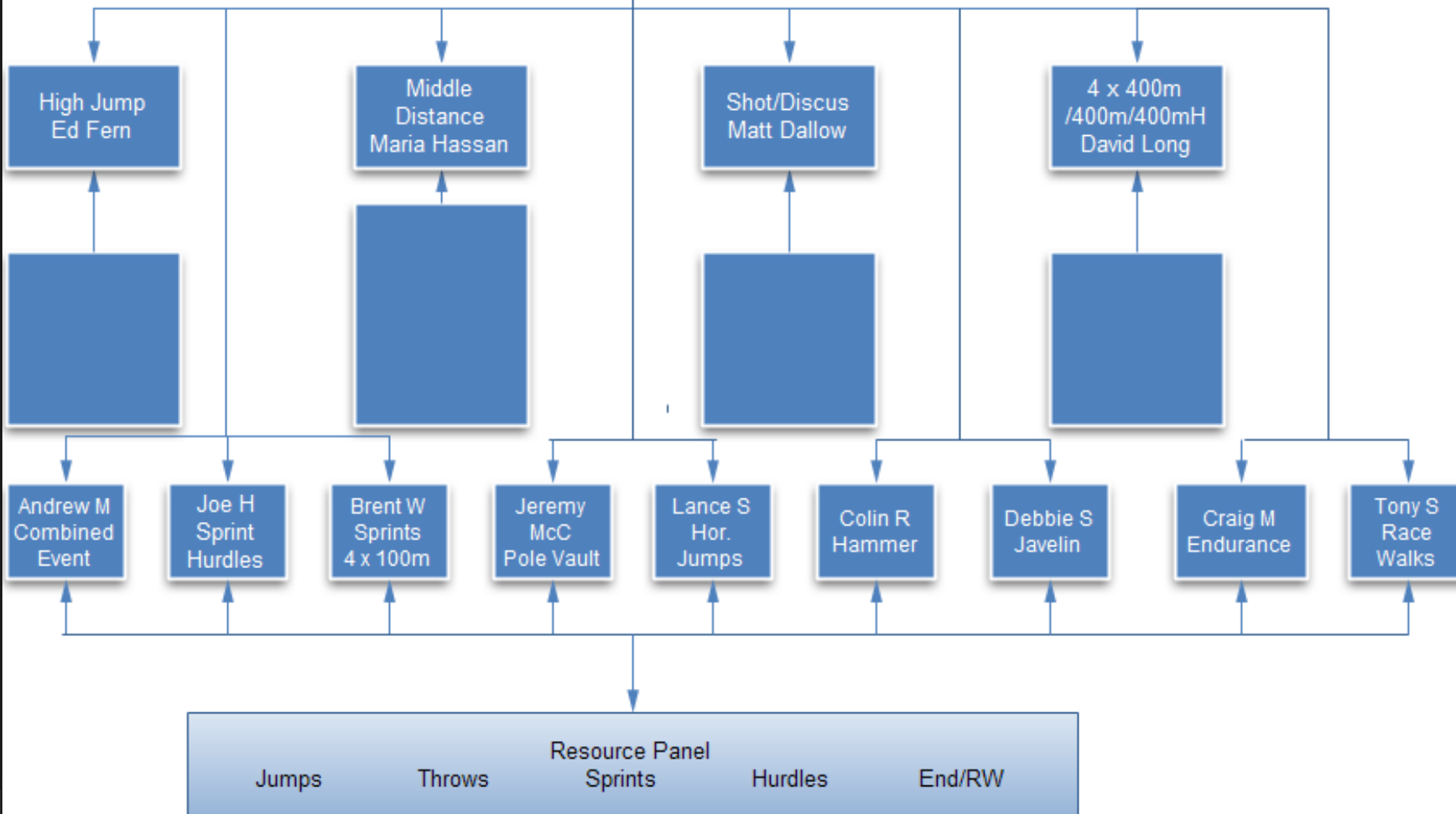


Resource Workshops

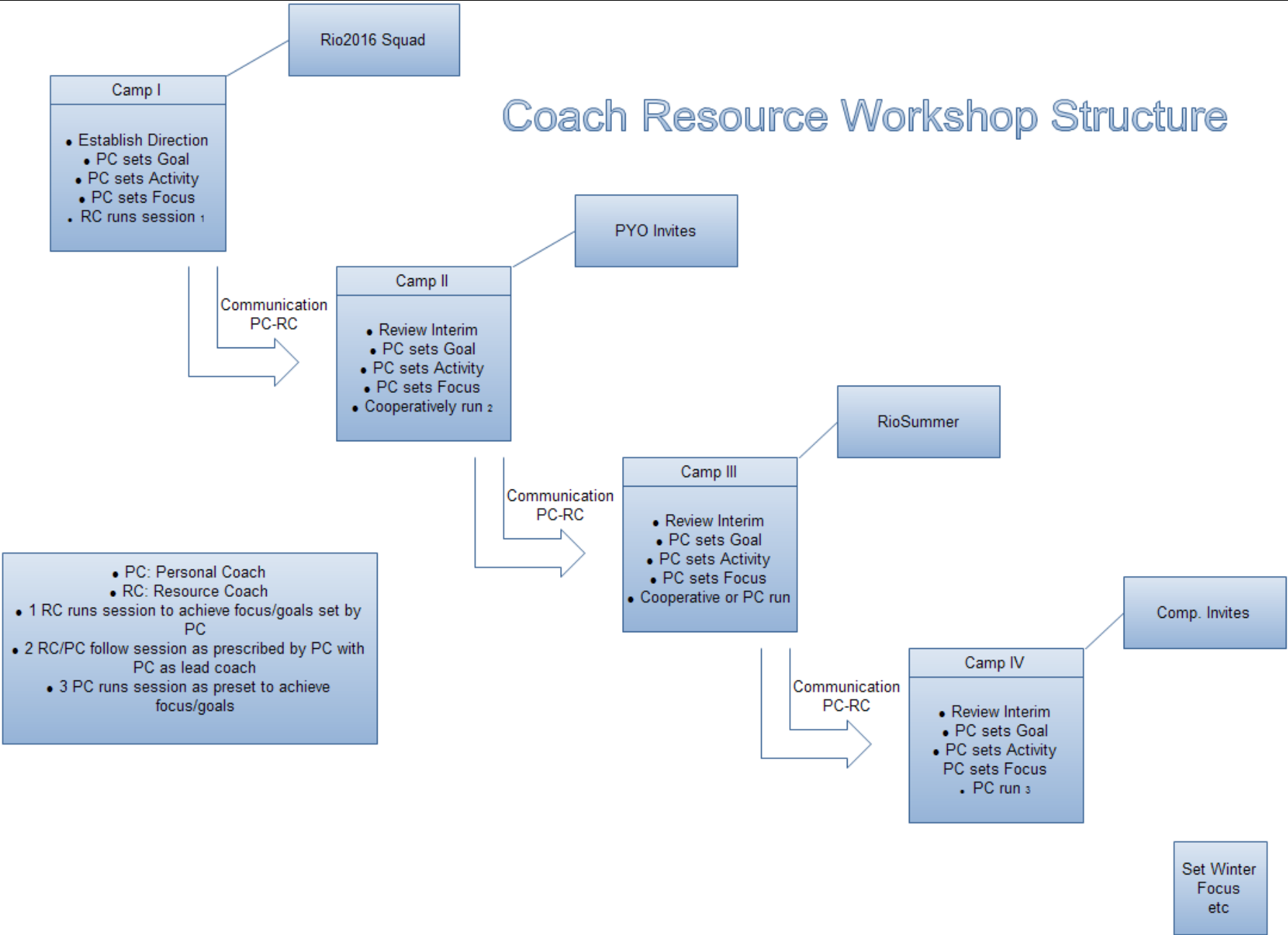
RIO2016 SQUAD 2010- 2011

Rio2016 Resource Tree

Rio2016 PPM
Terry Lomax



Coach Resource Workshop Structure



Option 1

- **Co-operative Practical session working with personal athlete(s)**
- Goals for the session set prior to camp
- Follow up strategy put in place following session
- Ongoing contact-next date-established

Option 2

Observed Practical session working with personal athlete(s)

- Key behaviours to be observed are identified prior to camp

&/OR

- Prioritised Technical/Athlete physical related areas to be focussed on are set prior to camp
- Follow up strategy put in place following session
- Ongoing contact-next date-established

Option 3

Observation Practical

Either

- Identified Resource Panel coach runs a session for a group to observe with a selected athlete(s)

Or

- Identified Resource Panel coach runs a session for 1-2 coaches with their athletes
- Identified key behaviours i.e. empowerment set prior to the camp
- Technical goals established specifically prior to the camp
- Follow up strategy put in place following session
- Ongoing contact-next date-established

Option 4

Video Analysis Session

- Identified Resource Panel coach runs a session for 1/2 coaches with their athletes
- Analysis goals established specifically prior to the camp
- Key 'Work ons' identified
- Follow up strategy put in place following session
- Ongoing contact-next date-established

Option 5

Training/Competition Planning Session

Either

- Identified Resource Panel coach runs a session for 1 coach with specific needs

Or

- Identified Resource Panel coach runs a session for 2 or more coaches with common needs
- Planning goals established specifically prior to the camp
- Key 'Work ons' identified
- Follow up strategy put in place following session
- Ongoing contact-next date-established

Resource Workshop Coaching Process

- There should be ongoing review and development of the coaching process
- This R & D should progress throughout the season
- It should follow some sort of stream of emphasis initiated by the season review
- It should be an integral part of the technical development of the athlete
- It should be capable of adapting to need

Where are we now?

- ⦿ This weekend will set the scene for what will happen at future camps
- ⦿ There will be exemplar sessions to show how the Workshop concept works in action
- ⦿ From this weekend we look to set up for the July Camps