

RISE	<b>AIM</b>  To equip coaches with the knowledge, skills, and resources to deliver age-appropriate, evidence-informed programs that support the long term development and sustained participation of young players in the game.	<b>TOPICS COVERED</b>  » Athlete Development Models » Relative Age Effect » Growth & Maturation Effect. » Personal Assets Framework (PAF) » Effective Questioning » Challenge Point Framework » Game-based Training » Self-reflection models	<b>LEARNING OUTCOMES</b>  » Understand the factors that affect the developing athlete and adjust for biases related to physical maturity. » Implement motivation theory to support long-term participation and performance. » Foster positive social dynamics and quality relationships with players. » Design developmentally appropriate and representative training activities. » Use questioning, feedback, and challenge-based instruction to enhance engagement. » Conduct self-reflection to continuously improve coaching practice
YDC	<b>AIM</b>  Encourages coaches to continually reflect on and evolve their coaching approach, fostering a culture of learning that supports the growth of themselves, their players, and the game.	<b>TOPICS COVERED</b>  » Role of the Coach » Coaching Philosophy » Integrated Game Model » Team Culture » Learner-centred coaching » Talent Development » Principles of Practice Design » Micro cycle planning » Growing Professionally	<b>LEARNING OUTCOMES</b>  » Appreciate that coaching is an evolving, dynamic, and complex social process that should be adapted to the needs of individuals and teams. » Implement strategies to successfully cultivate and maintain a positive team culture. » Develop an integrated game model that aligns with personal coaching beliefs and suits the needs of their team. » Recognise the value of activating players as learning resources for one another. » Design coherent, game-based practice activities that reflect the principles of representative learning design. » Plan an effective training week based on the game model, session types, number of sessions, and game day.
PC	<b>AIM</b>  To equip coaches with the tools to navigate the complexities of performance environments, inspiring them to thrive with pressure and drive sustained success in developing players, teams and the game.	<b>TOPICS COVERED</b>  » Periodised Planning (macro, meso, and microcycles) » Sports Science and Technology » Stakeholder Management » Understanding Motivations and Behaviour » Enhancing feedback delivery » Impacting coaching colleagues » Fostering learning environments » Reflective Practice » Expanding Professional Development	<b>LEARNING OUTCOMES</b>  » Demonstrate personal growth by contributing to a culture of knowledge-sharing, collaboration, and networking to collectively elevate coaching standards. » Build meaningful relationships by recognising and responding to the individual needs, motivations, and aspirations of players and peers. » Apply coaching expertise by effectively bridging theory and practice through hands-on learning, and adapting approaches to suit specific performance contexts. » Develop self-awareness and adaptability by engaging in intentional reflection and responding constructively to feedback to refine coaching practice.