

W11 – It's all about the stars of tomorrow P I 23

Barry Shillabeer – Head of Strength and Conditioning, British Swimming and Dymond Strength

An introduction to the best practice of long term athletic development, including discussions on common misconceptions associated with the physical development of youth athletes and accurate, safe and effective practical advice for coaches, teachers and fitness professionals.

W12 – Performance analysis P I 23

Stuart Taylor – Lecturer, UCP Marjon

Practical solutions and suggestions for coaches wishing to effectively use performance analysis techniques within their club and organisation. A range of 'products' will be used throughout the workshop for coaches to explore their capabilities and suitability for their own coaching environment.

W13 – Understanding differences P I 23

Tony MaCullum – FA Regional Coach Development Manager (South West), The FA

The workshop will give an insight into how we identify difference, how do we manage difference and if we as coaches can accept difference – what is the impact for players/performers, the coaches and the parents. The session includes looking at the four areas of development - technical/tactical, physical, psychological and social.

W14 – Developing doorstep sport with disadvantaged communities P I 23

Justyn Price – Training and NGB Relationship Manager, Street Games

The Doorstep Sport Induction workshop is opportunity for coaches to understand the challenges of working in disadvantaged areas. The session examines tools to successfully deliver doorstep sport, including a range of StreetGames most popular games and challenges.

W15 – Athletics Master Class P I

Sonya Ellis – South West Athletics Academy

The workshop will cover warm up activities used in athletics and is suitable for a general preparation relevant to any sport. The focus is on core development, co-ordination and progressing technical movement patterns. Links to Plyometrics and medball activities will also be included.

W16 – Badminton Master Class P 23

Steve Butler - Forza Badminton UK Ltd

The master class will focus upon the three main areas of the game Tactics / Physical / Technical and how these can be combined when planning training. The seminar will be thought provoking and involve stacks of two way interaction.

W17 – Hockey Master Class P I 23

Delivered by Graham Skinner – Centrally Contracted Coach, England Hockey

Current thinking and delivery of core hockey skills from beginner to advanced performer. Discussion on coaching points and application to drills, progression and development.

W18 – Swimming Master Class P I 23

Robin Brew – Director of Swimming, Kelly College

Performance sport requires a plan. This two-part master class will take you through the steps of applying structure to the process of goal setting and the development of a performance model for an individual that can be expanded for use with teams.

W19 – How to succeed in securing funding for my club I

Julian Wills – South West Regional Manager, sported

This workshop will specifically look at the most appropriate and successful ways of applying for funding for coaches and clubs. Using tried and tested processes we will look at simple business planning and income/expenditure projection to ensure funding success.

W20 – Anticipation and movement P

Paul Whiting – South West Regional Coach, English Table Tennis Association

Exploring reaction and response times and these can be improved. The workshop will look at examples that are not necessarily sport related in the way that people respond to various stimulants, how more possible choices impact on slower decision making and the time it takes us to respond.

P Practical Workshop

I Interactive Seminar

23 Session 2 and 3 combined

2012 Devon Coaching Conference

Sponsored by Team Devon

Sunday 29th April • UCP Marjon, Plymouth



www.activedevon.org/conference2012

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Introduction

The development of new skills, techniques, concepts and practical solutions are fundamental to a coach in order to deliver current, high quality sessions to support the advancement of athletes and players at all levels. The Devon Coaching Conference provides an essential professional development programme packed with practical workshops and interactive seminars to continue your journey to coaching excellence!

We are pleased to confirm such a renowned team of presenters from across the sporting spectrum whose expert knowledge and passion for sport will not only inspire and motivate you, but also help you take your coaching skills and sportspeople to the next level.

The details in this brochure give you a flavour of the workshops, seminars and presenters' backgrounds and we are sure you will join us in thanking them for their contribution to the Conference.

For full details on Workshop, Seminars, Presenters and how to book a place, please visit: www.activedevon.org/conference2012. Please book early to avoid disappointment.

For further information, please contact:

Martin Brice – Development Manager (Coaching) for Active Devon
Tel: 07967 369923 Email: martin.brice@devon.gov.uk

Conference Programme

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| 09.00 | Arrival, Registration & Market Place |
| 09.30 | Opening Address |
| 09.45 | Key Note Address |
| 10.45 | Transition |
| 11.00 | Workshop & Seminar Session 1 |
| 12.25 | Transition |
| 12.30 | Lunch and Market Place |
| 13.30 | Transition |
| 13.35 | Workshop & Seminar Session 2 |
| 15.00 | Transition |
| 15.05 | Workshop & Seminar Session 3 |
| 16.30 | Finish & Depart |

Key Note Address

Dan Hunt

Great Britain's Senior National Endurance Coach and Race Coach/Directeur Sportif for Team Sky Pro-Cycling

Dan is one of the key players behind the scenes at one of our most high profile sports.

Through Dan's enthusiasm, leadership, vision, and shared British Cycling values and philosophies, he led the transformation of a failing programme into one that produced 4 Olympic Medals in just two and a half years.

Throughout his 6 year coaching career he has coached athletes (both male and female), in individual and team events to Gold medals at Commonwealth Games, European Championships, Track World Cups, World Championships and Olympic Games.



Workshops and Seminars

W1 – Attribution in sports psychology ⓘ

Dr Tim Rees – Senior Lecturer, University of Exeter

This seminar examines a topic which is garnering increasing research interest. The background to this topic will be explained, with a particular focus on its applied implications for coach-athlete interactions.

W2 – Quiet Eye training ⓘ

Dr Sam Vine – Lecturer, University of Exeter

The use of eye tracking technology provides researchers and coaches with new insights into sports performance, enabling us to 'see' what the performer 'sees' during the execution of a skill. Video data collected from an eye tracker will give an insight into the typical locations and durations of fixations made during sports performance.

W3 – Field-based performance assessment ⓘ

Dr Andrew Middlebrooke – Exercise Science Consulting Ltd

Exploring the role of field based performance assessments in athlete preparation, including selection, delivery, interpretation and limitations, and child-adult differences in physical performance and how that influences the selection of field based performance assessments in paediatric populations.

W4 – Accelerated learning and development through group warm ups ⓘ ⓘ

Ziggy Grewal – Active Devon

This workshop is aimed at coaches, teachers and activity leaders. It will explore how generic warm ups can be used to enhance all the five abilities - physical, personal, social, cognitive and creative - and the connections between them aiming to better prepare for the activity to follow by warming up the body and mind.

W5 – Inclusive coaching ⓘ

Dai Carpenter - Disability Football Development Officer, Devon FA

How to use the Space, Task, Equipment, People, Space (STEPS) principles and the Inclusion Spectrum to open up your sessions to ensure disabled people are involved in ways that suit them, whether it is individually or in a team.

W6 – Maximising learning ⓘ ⓘ

Simon Jones – Ed Support Ltd

How do we, as coaches involve the players in their learning? What style of coaching suits best for different scenarios? Using some group competitions and challenging participants to take part, we will use a mix of theory and practical work to show how, by using an "ask/delegate" style of coaching, we can maximise learning.

W7 – Applying high quality to games ⓘ

Jason Wood – Digital Sports Education

How to adopt a multi-skill approach to progress ability and identify fundamental movement traits that can be developed in a games environment. New ideas on games and drills that can be adapted for sport-specific sessions for children aged 6 – 15.

W8 – Advanced resistance exercises ⓘ

Ben Jane – Lecturer, UCP Marjon

How a good resistance training programme can improve an athlete's performance by helping them to remain injury free and by increasing force production and coordination. Learn how to apply the key principles of Olympic lifting, innovative use of equipment, lumbo-pelvic core stability exercises, and various methods of functional resistance training.

W9 – Injury prevention training: What every coach should know ⓘ

Sarah Catlow – Senior Lecturer, UCP Marjon

Exploring the importance of implementing active prevention measures into training programmes for young athletes to reduce the injury rate and enhance athletic performance.

W10 – Functional movement assessment ⓘ ⓘ

Neil Lewis – English Institute of Sport and Exercise Science Consulting Ltd

Introducing the concepts of functional movement and assessment. Certain parts of the body need to be mobile others need to be stable in order to prevent injury. This session will demonstrate how to assess and correct which muscles and tissues are over active and which ones are weak/under active.