# COACHING CONFERENCE 2010

SCOTTISH BORDERS

ATHLETICS | CRICKET | SWIMMING | FOOTBALL | HOCKEY | CYCLING | TENNIS

SUNDAY 14TH MARCH - HERIOT WATT UNIVERSITY, GALASHIELS

SPORT BORDERS

# SPEAKERS

**WATT NICOLL – KEYNOTE SPEAKER**
Watt Nicoll has been evaluated by his peer group as the top motivational speaker in the world. He excites people with the realisation that they can shake off mediocrity and live up to their potential. It's a high-energy message, delivered in a way that connects with people at any stage of life. With his own brand of persistence and determination, Watt has developed a process of self-education and self-awareness that has distinguished him as a world-class resource for the development of human potential. Watt has worked with some of the most famous sports men and women in the world including David Beckham and Wayne Rooney.

**TOSH FARRELL – GUEST COACH/KEYNOTE SPEAKER**
Tosh is a coach for English Premier League Everton FC. He is lauded by many as the best youth coach in the country and frequently holds conferences and open days for children to participate including Everton's own Mini Kickers. He is responsible for the Everton partnerships with Everton FC America and the Ontario Soccer Association. The 'Everton Way' is also a brainchild of his and is the first training programme readily available on the internet. Simon Clifford, founder of Brazilian Futebol de Salão schools in England described him as 'light years ahead of anyone else'. He has become so renowned that he was asked to be included with Canadian Soccer Reality Show Soccer Dreams.

**MIKE BARRELL - GUEST COACH**
Based in the UK, Mike has taught tennis for over 20 years working with players of all levels and more recently as Director of evolve9, providing consultancy to clubs, organisations and National Associations. Mike has presented at numerous National and International conferences authored magazine articles and manuals including the 2007 PTR Educational supplement Growing Kids Growing the Game. Mike works for the LTA as one of a team of coach education tutors, delivering coach education, certification and training. An LTA Level III Licensed Coach and member of BTCA, he was the 2007 PTR Professional of the Year. Mike owned his own community based tennis club for over 10 years and now manages the Under 10s programme at the West Hants Club in Bournemouth where he still works on court each week.

**DAVID STOTT - GUEST COACH (HOCKEY)**
David is the High Performance Hockey Coach for the East Institute of Sport and leads the coaching team in the East Area. Coaching experiences include Lead Coach at the Junior World Cups and Olympic Youth Games, World Cup Senior and two Commonwealth Games (Kuala Lumpur and Melbourne) . David lives in Perthshire and is married to double Olympian Pauline Stott. His sporting heroes are Ric Charlesworth (Australian women's double gold medal winning coach, now working with the Australian men) & Daley Thompson.

**LAURIER PRIMEAU - GUEST COACH (ATHLETICS)**
Laurier Primeau is the Head Coach of scottishathletics. He has had coaching success across a spectrum of events, but his specific interest in acceleration mechanics and the periodisation and planning for sprinters comes partly from his own athletic background as a Canadian National Team 400 meter hurdler, and more recently as a coach to the 2009 Canadian Junior 200 and 400 metre champion, Rohan Stewart (20.97w), and the 2009 Canadian decathlon champion, Reid Gustavson.

**RUSS BARBER - GUEST COACH (SWIMMING)**
Russ began his career as an 18 year old voluntary coach with the City of Hull Swimming Club where he stayed for 6 years working his way up to Head Coach. Russ then took the Head Coaches job at City of Sheffield and since then the club have become one of the top clubs in Great Britain. They are now regularly placing swimmers onto GB teams, including James Kirton onto the Olympic Team in Beijing for the 200m Breaststroke. Russ's philosophy has developed as a coach over the years, but he still believes in technique first, and always tries to coach "the whole person, rather than just the swimmer."

# WORKSHOPS

**FOOTBALL WORKSHOP**
Tosh Farrell will deliver a practical session on 'How to build a football session'. The session will include shooting and finishing and be geared around football specific movement and the need to incorporate different types of movement to aid football development.

**TENNIS WORKSHOP**
"Developing physical literacy for children under 10" - Mike Barrel will deliver a practical session working through Agility, Balance, Co-ordination and Speed to help players develop a broad range of skills relevant to performance tennis players.

**HOCKEY WORKSHOP**
"Prominent skills visible on the world stage" – David Stott will deliver a session that will include:

- Receiving and driving space ( key theme is speed to attack space)
- Leading – Zigzag, hook, blind side receipt.
- Tackle mobility – Developing 1 handed strength – staying upright to shave edge and block.
- Developing 2 v 1 and 3 v 2 elimination.
- Goal scoring (Circle Structure)

**ATHLETICS WORKSHOP**
Laurier Primeau will be leading a session on "The principles of speed". The session will include a presentation linking the development of speed to periodisation.

**CYCLING WORKSHOP**
The Cycling workshop in the afternoon will be led by three Scottish Cycling coaches:

"Developing a fun progressive series of coaching sessions appropriate to the skill and fitness level of your riders?" - The session will provide practical examples of sessions and show how different sessions can be linked together to achieve set goals. There will be opportunities for coaches to share ideas through discussion and experience of the coaching sessions. Each participant will receive a handout with detailed coaching session's plans to take away for use in their own environment.

**CRICKET WORKSHOP**
The Cricket workshop will be delivered by 3 coaches from Cricket Scotland and will include 3 sessions based on:

**Batting:** Working with young players in the nets. Taster session will introduce delegates to using a bowling machine whilst working on the batters set-up and technique to encourage confidence, balance, coordination and good technique.

**Bowling:** Working with young fast bowlers. Taster session will introduce delegates to using a variety of coaching equipment and methods to encourage smooth and rhythmical run-up/approach, correct posture, good technique and effective delivery and follow through

**Wicket-keeping:** Working with young wicket-keepers. Taster session using a variety of equipment, will introduce delegates to a series of warm-ups, technique and skill drills to enhance their own coaching of wicket-keepers and, more importantly, offer these often forgotten individuals interesting and varied sessions that will encourage their involvement in club sessions and improve their game.

**SWIMMING WORKSHOP**
Russ Barber will deliver a swimming session with Swim Team Borders. The main theme of the session will be' Breaststroke'. The session will consist of a practical session in the pool and also a short PowerPoint presentation.

# CONFERENCE TIMETABLE

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|---|---|
| 09.25-09.45 | REGISTRATION TEA/COFFEE |
| 09.45-10.00 | INTRODUCTION |
| 10.00-1055 | KEYNOTE PRESENTATION - TOSH FARRELL |
| 11.00-11.55 | KEYNOTE PRESENTATION - WATT NICHOL |
| 12.00-12.45 | LUNCH |
| 12.45-13.00 | BUSES DEPART FOR WORKSHOPS |
| 13.00-15.00 | SPORT SPECIFIC WORKSHOPS<br>ATHLETICS / HERIOT WATT UNIVERSITY<br>CRICKET / QUEENS LEISURE CENTRE<br>CYCLING / NETHERDALE<br>FOOTBALL / NETHERDALE<br>HOCKEY / TWEEDBANK ASTROTURF<br>SWIMMING / GALA SWIMMING POOL<br>TENNIS / GALA ACADEMY |
| 15.00-15.15 | RETURN TO HERIOT WATT UNIVERSITY |
| 15.15-15.30 | TEA/COFFEE & PASTRIES |
| 15.30-16.00 | Q&A WITH GUEST COACHES |
| 16.00-16.10 | CONFERENCE SUMMARY & CLOSING REMARKS |

sportscotland SPORT BORDERS Scottish Borders COUNCIL

Please complete and return the form to book a place on the Coaching Conference on Sunday 14th March 2010.

NAME D.O.B

ADDRESS

EMAIL

PHONE NUMBER

SPORT

ORGANISATION / CLUB

SPECIAL DIETARY REQUIREMENTS

Please select one workshop you will attend in the afternoon session:

- ATHLETICS WORKSHOP ☐
- CRICKET WORKSHOP ☐
- CYCLING WORKSHOP ☐
- FOOTBALL WORKSHOP ☐
- HOCKEY WORKSHOP ☐
- SWIMMING WORKSHOP ☐
- TENNIS WORKSHOP ☐

I have enclosed a cheque for £20 ☐

I have enclosed a postal order for £20 ☐

Payment: please make cheques payable to **'Scottish Borders Council'.**

Return forms to:
**ANDY LAWRIE**
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Education and Lifelong Learning
Scottish Borders Council, Council Headquarters
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