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**Coaching Children and Young People**

This workshop includes essential information on physical growth, social and emotional

development and early skill learning, presenting the information in a practical and useable

manner. It also covers how to adapt your coaching style to individual needs and different stages of development, and how to deal with a variety of different situations.

By the end of this workshop, coaches will be able to:

• explain and identify why children and young participants take part in sport and plan and

deliver sessions to meet their needs

• match their coaching to meet the developmental stages of children and young people

• plan and deliver coaching sessions that will maximise learning and enjoyment

• follow good practice when coaching children and young people.

**Assessment** None

**Pre-Requisites** None

**Duration** 3 hours

**Places** 25