

Childrens Coach	Participant Coach	Performance Coach
Motivation Core Stability Warm Up Exercises Working with Varying ability levels within one session Motivation for girls Movement Communication skills Fun Games Agility LTAD FUNdamentals of balance Stretching Learning and Questioning Skills Development Behaviour Management	Agility Stretching SAQ Warm Up Exercises Fitness Plans Planning Working with varying ability levels in one session Coordination Food Advice Tactical Play Movement Core Stability Listening and Questioning skill development Healthy Lifestyles Behaviour Transition barriers	Athlete Profiling Tactical Play LTAD Resources orientation (books resources, people etc) Psychological aspects of coaching Support for the coach when working with a top player Fitness Training Psychology Keeping up with research Nutrition Injury Management Interactive Coaching Software