## Session 1, Friday 19:00-21:30 Classroom and gym
- Introductions, workshop overview, timelines and logistics, ice-breaker activity.
- LF explains some intermediate-level skills + reviews the Teaching Process (TP) and stages 1 and 2 of skill development.
- Coaches work in small groups and prepare for Teaching Task 1.
- Teaching Task 1: Applying steps 1 and 2 of the TP with a Method 1 drill involving an intermediate skill.
- Individual reflection (IR) by coaches on (1) first teaching task; and (2) how they provided feedback to colleagues.
- Wrap-up of Session 1, and overview of Session 2.

## Session 2, Saturday 8h30-12h00 Gym
- Debrief of Session 1.
- LF-led activity and model teaching: sample warm-up drills featuring basic and intermediate skills. Review of selected basic skills and presentation/explanation of additional intermediate-level skills and variations by the LF.
- Review of loading concept. Discussion about how the previous warm-up activities might be loaded.
- Review of key concepts pertaining to Method 2 + LF demos/model teaching: sample drills for Method 2.
- Coaches work in small groups and prepare for Teaching Task 2.
- Teaching Task 2: Applying steps 1 to 4 of the TP to a Method 2 drill involving an intermediate skill.

## Session 3 Saturday 13h00-17h00 Gym
- Debrief of Session 2.
- LF-led activity: how drills for Digging change from Method 1 to Method 3, and with loading.
- Review of key concepts pertaining to Method 3 + LF demos/model teaching: sample drills for Method 3.
- Coaches work in small groups and prepare for Teaching Task 3.
- Teaching Task 3: Applying steps 1 to 4 of the TP to a Method 3 drill involving an intermediate skill.
- Group debrief + discussion/reflection about the effectiveness of the feedback provided. IR by coaches.
- Explanation of the format of Session 4 with athletes. Coaches prepare for Session 4.

## Session 4 Sunday 8h30-12h00 Gym
- Final preparation by coaches. Greeting of athletes by LF and LF-led warm-up.
- Session with athletes: Coaches perform various teaching, observation and reflective tasks. Focus is on Methods 2 and 3. Each group has 2 opportunities to teach, do a critical reflection, observe colleagues, and observe athletes.
- LF-led cool-down and wrap-up with athletes while coaches debrief in small groups.

## Session 5 Sunday 13h00-17h00 Classroom
- Debrief of Session 4. Review of all the activities done so far in the workshop + overview of Session 5. IR by coaches.
- Coaches share their performance analyses and draw conclusions. Group discussion in which coaches reach a consensus about specific performance aspects that need improvement.
- Coaches work in small groups to design a drill to address one of the players’ weaknesses observed during the morning session. Drills are shared. IR by coaches.
- Reflection on the role/importance of competition; analysis of scenarios re. supporting/managing players in competition.
- Wrap-up of workshop, concluding remarks, workshop evaluation by coaches.
## WORKSHOP OUTLINE

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