



independent
coach education

STIMULATING SCHOOL SPORT

AUTUMN 2019



Welcome to our 17th year of providing training for teachers and coaches who deliver sport and physical activity to children in schools. In an environment of ever-increasing accountability for standards and compliance, staff INSET has become more important than ever. It allows teachers to be confident that their session content is contemporary, effective and safe. It

enables delivery to be effective in ensuring progress, as well as satisfying parents. Inspectors require evidence of a robust approach to teacher development, and job applicants need to show that they undertake regular ongoing training.

We endeavour to provide courses that cover most activities taught in schools, for teachers of all levels of experience. This includes both experienced practitioners, as well as non-specialist teachers who help with games. Where compliance with safety standards is either statutory or recommended, such as Rugby and Gymnastics, we provide approved training leading to industry-recognised qualifications. We collaborate with National Governing Bodies, and other expert providers to ensure that all courses are of the highest possible quality and relevance.

Our aim is to provide everything necessary for schools to deliver the best possible programme. We can tailor bespoke training - including in exam PE - as well as celebrity visits from leading coaches and performers. Whatever your requirements, please get in touch to discuss them.

In addition to training, we are also the leading providers of recruitment services to schools, in PE and Sport. For schools looking to make appointments of any type, or teachers looking for promotion of any sort, we are able to provide an unmatched service. Please get in touch for a confidential discussion.

With all best wishes for another year of outstanding school sport.

Helen Oliver
Events Director

✉ helen@independentcoacheducation.co.uk
☎ 015395 60060

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Sign up for our free professional newsletter

The ICE Newsletter is published fortnightly in term time. It provides a range of articles and information on issues surrounding PE and School Sport, helping sports coaches and PE professionals keep abreast of news and developments.

The ICE newsletter is completely FREE
Sign up now at
www.independentcoacheducation.co.uk



IAPS Training

We are delighted to announce a collaborative partnership with IAPS to provide high quality sports courses and conferences to member schools.

Staff of IAPS schools are entitled to a 20% Association discount on all courses bearing the IAPS logo.



Looking for a new Job?

Sign up on the website and see current vacancies

www.independentcoacheducation.co.uk



WE ARE PLEASED TO BE WORKING IN ASSOCIATION WITH THE FOLLOWING PARTNERS





Coaching Lower Ability Rugby

A specialist course for coaches of school B, C and D teams including Non-Contact versions of the game

Also suitable for teachers of mixed ability rugby classes

The landscape of school Rugby is changing rapidly. Few schools still make the contact game compulsory, and the RFU does not advise that any should. The challenge is to present the game in a safe and stimulating way, to engage players of all abilities to want to play. It is also necessary to provide alternative non-contact formats, both as training activities and additional formats for hesitant pupils. This course seeks to equip these coaches with an approach that has the best chance of engaging these pupils. It will enable coaches to help children enjoy running, evading and continuity, and create a positive attitude to the game and to rugby practice. There will also be a focus on safe coaching of contact techniques, in order to ensure that coaches are confident that they are minimising injury risk.

- Issues with a compulsory rugby experience
- Working with lower ability players
- Building confidence
- Emphasising a skill and evasion approach
- Building continuity
- Addressing the safety issues: tackle, contact and scrum
- Using rugby to develop confidence and courage
- Building a backline
- A games-based approach to practice
- Alternative game formats

Monday 7 October	Rosslyn Park RFC, London
Friday 11 October	East Grinstead Sports Club, West Sussex

England Rugby Coaches' Association: New Rules of Play (Under 9 – Under 12)

Leading to ERCA membership

This is a specific England Rugby Coaches Association course for teachers delivering the game at all levels below 15 a side. "New Rules of Play" demand a slightly different skill set for players, and a changed approach to both coaching and refereeing. This course looks at how key skills and strategies can be introduced incrementally, and how the game is developed at each age group. It will adopt a games-based approach with age specific techniques introduced through skill zones within a problem-solving environment. This course aims to give school coaches the confidence that they are adopting the right approach to both development and safety, and accurately applying the new rules.



Benefits of ERCA membership are the same as the XV-a-side course.

- Understanding the structure of "New Rules of Play"
- Familiarisation activities for young players
- Developing confidence and overcoming apprehension
- Building core techniques in the "skill zone"
- Safety first: learning to tackle and be tackled
- Continuity skills in the new game
- Ball winning at the breakdown: differences at under 9/10/11/12
- Introducing suitable rucking skills
- The developing role of the scrum
- Games for developing "New Rules" skills
- The role of the referee coach

Monday 7 October	Rosslyn Park RFC, London
Monday 14 October	Esher RFC, Surrey
Friday 8 November	Newbury Rugby Club, Berkshire

Ensure all your staff are certificated and compliant

The ERCA Coach Licence course can be delivered to all your staff at a time and date to suit your Inset programme.

This can be the most efficient way to ensure compliance.

☎ 015395 60060



England Rugby Coaches' Association Course

The RFU recommends that all coaches of Age Grade Rugby are in membership of England Rugby Coaches Association

This course replaces the RFU Coach Licence, and is intended to be the industry standard for teachers and coaches in the youth game. This course leads to the award of the ERCA membership. It seeks to build confidence in inexperienced coaches, who are presenting the game to children from ages 12-18. No previous experience of rugby coaching is necessary. The course considers how the approach of the teacher can significantly influence the attitude of players and address their reservations about the safety side of the game. It will focus on core skills and familiarisation activities, delivered through playing principles, games and problem-solving activities. It seeks to help players and coaches increase confidence, and create a game based on skill and evasion that can appeal to all shapes and sizes. There is emphasis on the safe introduction of tackle, contact and scrum.

- A philosophy for coaching youth rugby
- Principles of play in attack and defence
- A skill and evasion-based approach
- Contemporary games-based coaching
- Incorporating skill zone for core techniques
- Coaching the contact situation
- Learning to tackle and be tackled
- Safety-first scrummaging
- Creating continuity and promoting enjoyment

Friday 11 October	East Grinstead Sports Club, Sussex
Friday 15 November	The Haberdashers' Aske's Boys' School, Hertfordshire

Dan Cottrell is a Rugby coach and author, who specialises in producing innovative coaching content for age group coaches of all levels of experience. His newsletter "Rugby Coach Weekly" is read by 100,000 coaches worldwide, and is supplemented by a range of other resources. Dan played first class rugby for Bristol and Bath and was Head of Rugby at Cranleigh for six years.





Intermediate Rugby Coaching

Building Tactical Awareness Through Adaptive Games

In association with **The Magic Academy** with **John Fletcher** and **Russell Earnshaw**

This new and innovative course is devised and delivered by The Magic Academy, a coaching collaboration of former England age group coaches John Fletcher and Russell Earnshaw. It is intended for school coaches of Under 12 to Under 16 age groups, who are looking to update their session content to adopt contemporary approaches and methods. Either Russell Earnshaw or John Fletcher will conduct each course.



- The place of adaptive games
- Ensuring the value of games-based practice
- Technical development in the “skill zone”
- Incorporating block practice
- Understanding and delivering principles of play
- Balancing structure and creativity
- Preparing a team for competition

Monday 7 October	Rosslyn Park RFC, London
Monday 14 October	Esher RFC, Surrey
Friday 8 November	Newbury Rugby Club, Berkshire

John Fletcher was England Under 18 coach for ten years. He developed a player centred pathway that led to competitive success in the Under 20 World Cup, and produced a regular stream of players for the full England team. He was previously Head Coach at Newcastle Falcons in the Premiership, and before that Academy Manager.



Russell Earnshaw was an RFU International Performance Coach, responsible for player development across national and international programmes from U-15 to U-19. He has a particular interest in the impact of coach behaviour on the development of people and performers. He read Economics at Cambridge University, where he won a Rugby Blue, and played and coached international Sevens.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

Refereeing New Rules Of Play

Quilter Kids First Refereeing Children

The course is recommended by the RFU for all teachers refereeing the game at U-9 to U-13

This half day RFU course is intended for teachers and coaches who referee children's rugby in the 7-13 age band. The focus is on managing the key safety areas of tackle, ruck and scrum and equipping teacher referees to provide an enjoyable and safe experience for children.



Completion of the course is recognised by an RFU Certificate. All courses will be delivered by RFU qualified staff, and fulfil requirements for annual ERCA CPD.

Friday 11 October	East Grinstead Sports Club, West Sussex
Monday 14 October	Esher RFC, Surrey
Friday 8 November	Newbury Rugby Club, Berkshire

PRICES THIS COURSE PER PLACE **£89**

This course runs 1pm – 3.30pm. Price includes Includes course materials, refreshment and certification. Excludes VAT.



England Rugby Coaches' Association

ERCA is the new Association for Rugby Coaches in England. All coaches attending an England Rugby Coaching Award (three day Level 2 course) or the Independent Coach Education one day Teachers' Course will join the Association on completion of the award.



Membership of ERCA comes with digital cards recording coaches' details, and members receive the monthly newsletter with training advice and access to technical content. Memberships last for one year.

Membership is maintained through participation in an annual accredited England Rugby CPD event, or through approved I.C.E. training.

Other benefits include an exclusive range of ERCA training kit.

Twentieth Annual National Prep Schools' Rugby Coaching Conference

Thursday 10 October at Abingdon School, Oxfordshire

This long running Conference is the country's leading meeting of teachers in charge of prep school Rugby. It is run in collaboration with the RFU, and is intended to provide the sector with an understanding of current issues in the game. This includes the technical ways in which the game is coached to young players. At a time when the game is under pressure from safety concerns and adverse publicity, it is vital that schools can present a programme in which parents have confidence. This is achieved through ensuring that RFU recommendations are followed closely, and by ensuring that players are equipped with safe and contemporary skills. The Conference content will assist teachers in charge of the game in prep schools to be confident that they are achieving both.



This Conference is approved RFU CPD for members of England Rugby Coaches' Association.



PROGRAMME

SESSION ONE

What's the Future for Prep School Rugby?
Neil Rollings

SESSION TWO

Making the Prep School Game as Safe as Possible

A presentation by RFU, summarising what steps schools need to take to be fully compliant with all safety recommendations and requirements

SESSION THREE

Creating a Coaching Culture in your School: Incorporating engagement, development and performance in the prep school programme
John Fletcher, Former England Under 18 Coach

SESSION FOUR

Making Tackling Safe and Fun

PRACTICAL SESSION

Haydn Thomas, Exeter Chiefs

SESSION FIVE: CHOICE OF PRACTICAL SESSIONS (AFTERNOON)

Either:

Preparing players for the skill set of the future
Haydn Thomas

Or:

Developing Players in the Prep School Environment
John Fletcher



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1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.

Price includes lunch, refreshments and notes. Excludes VAT.



Understanding the Evolution of Modern Sevens

This Conference is approved RFU CPD for members of England Rugby Coaches' Association

Mike Friday is one of the world's most experienced and innovative Sevens coaches. He enjoyed success as Head Coach of England, but has since built successful programmes in much less developed Rugby environments. He has led the USA to the top tier of the world game, and previously made Kenya a recognised force. This unique seminar, extensively illustrated by video, will focus on how the game has evolved, and the current strategies and approaches of the world's top teams.



- Understanding Attacking Space
- Where to attack
- Why and when
- Maximising attacking threat
- Defence Evolution
- Breakdown Decision Making
- Alignment Decision Making
- Role of the Sweeper

Friday 17 January 2020 Bisham Abbey National Sports Centre, Buckinghamshire

Mike Friday is currently Head Coach of USA Eagles, who shocked the Sevens world by reaching four World Series finals and finishing second in the competition in the 2018/19 season. He had previously led England to victory in the Hong Kong sevens, Commonwealth Games silver medal and World Series second place. During his short tenure as Head Coach of Kenya, they achieved an unprecedented 5th place in the world and a World series final. He is described by the Guardian as "a professor of the shortened game".



PRICES

1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.

Price includes lunch, refreshments and notes. Excludes VAT.



Netball Coaching for Beginners

with **Karen Greig**

This is a course for teachers who are new to delivering Netball sessions in schools. No previous experience of playing or teaching the game is necessary, though most participants have a basic understanding. Content includes basic skills and ways of practising them, simple strategies for team play, as well as explaining the Rules and the way the school game is umpired. The course will provide a range of practices, an awareness of techniques in shooting and passing as well as simple tactical understanding. Teachers will gain confidence that they have the skills and understanding to run a school team, or deliver curriculum lessons.

- Skill based warm ups for young players
- Ball handling techniques and practices
- Passing drills and games
- Developing effective footwork
- Getting free in attack
- Man to man defence
- Sound shooting technique
- Developing options and court balance
- Understanding the Rules, including recent changes

Monday 11 November	Harrogate Ladies' College
Friday 15 November	St. Dunstan's College, London
Friday 22 November	Uppingham School, Leicestershire
Friday 6 December	Surrey Sports Park Guildford
Monday 3 February	Bloxham School, Oxfordshire

Karen Greig is the current Head Coach of Manchester Thunder. She is a former captain and Superleague winner with the same team, and was the 2018 Superleague 'Coach of the Year'. Karen won 40 England caps as a Goal Shooter, and was Assistant Coach of the full England team on their 2015 tour of Australia, and Head Coach of England Under 21.



Netball Coaching Masterclass

with **Tracey Neville MBE**

NEW COURSE: Mastering the Centre Pass in Attack and Defence

The Centre Pass is a crucial dimension of Netball at all levels. This course will look in detail at the skills and strategies required for success in this vital area of the game. It will be informed by the tactics of top teams in modern Netball, but is sensitive to what is realistic for schools. It is intended for teachers with some experience of teaching and coaching the game, who wish to update their knowledge and make their teams more effective. It is especially suitable for coaches of teams from Under 13 to Under 16; it is not suitable for beginners.

ATTACKING FROM THE CENTRE PASS

- Getting free from a 2 v 1
- Distribution of ball into deep space
- Increasing options in the goal third
- WA/GA relationship
- The role of the Centre
- Exiting effectively
- Applying skills to various Centre Pass strategies

Tuesday 8 October Haileybury, Hertfordshire

Friday 8 November Bloxham School, Oxfordshire

Thursday 14 November Surrey Sports Park, Guildford

DEFENDING THE CENTRE PASS

- Defence of 2 v 1 and 3 v 2
- Switching on a Centre Pass and into the goal third
- Limiting the attackers to one side of the court
- Involving the GK to encourage cross court ball
- Building a team strategy to re-possess the ball early

Tracey Neville was Head Coach of the medal winning England team at the 2019 World Cup. She had previously led them to an unprecedented Gold Medal at the previous year's Commonwealth Games and Bronze in the 2015 World Cup. She was previously Head Coach of Manchester Thunder, winning two Superleague titles. She made her England debut at 16, winning 80 caps, including medals at Commonwealth Games and World Cup. She was awarded the MBE for services to Netball.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

Tenth Annual National Prep Schools' Netball Conference

Monday 27 January 2020
at Surrey Sports Park, Guildford

The premier Conference of Netball coaching in the prep sector.

Programme to be announced.



www.independentcoacheducation.co.uk/prepnetball



Book a session for your school with an international netball player/coach

Guest appearances
After-dinner speaking
INSET
Pre-season training

015395 60060



Umpiring School Netball

Umpiring school matches, often in front of audiences of critical parents, can be stressful for inexperienced teachers. Relatively recent rule changes have made this more challenging. This is a course to provide teachers with confidence that they can create a safe and fair environment. It will ensure that teachers are familiar with the Rules, but also how the school game should be managed and scored. This three-hour course consists of two hours of classroom-based learning, plus an hour of practical application. It also considers how the Rules can be applied sensitively to young players and lower ability games, to allow play to flow, and maximise player enjoyment and development.



- Major rules and penalties
- Use of the whistle
- Umpire signals, communication and positioning
- Applying advantage
- Effective umpiring at school levels
- Scoring the match
- Prioritising at different age groups
- Interpreting difficult situations

Monday 25 November	Stockport Grammar School, Cheshire
Monday 2 December	King Edward VI High School for Girls, Birmingham
Friday 31 January 2020	Stoke Mandeville Stadium, Buckinghamshire

PRICES 1 PLACE **£89** 2 PLACES **£130** 4 PLACES **£180**

Umpiring School Netball courses run 1pm – 4pm.
Price includes refreshments and notes. Excludes VAT.



Serena Guthrie was England captain at the 2019 World Cup, having been an influential contributor to the Gold Medal wins at Fast 5 in 2017 and Commonwealth Games of 2018. She also won a Bronze medal at the World Championships in 2011. In the 2017 season she was Most valuable Player in the Giants team in Australia's Suncorp Super League, regarded as the top club competition in the world. She has returned to England to play at her former club, Team Bath.



Thirteenth Annual National Schools' Netball Coaching Conference

Lessons from The 2019 World Cup

Monday 9 December at Surrey Sports Park, Guildford

WITH TRACEY NEVILLE MBE AND ENGLAND PLAYERS SERENA GUTHRIE AND EBONI USORO-BROWN

This is a unique opportunity to learn the details of the technical and tactical journey of the England Roses team from Commonwealth Games Gold in 2018 to World Cup Bronze in 2019. Head Coach Tracey Neville will be joined by leading players Serena Guthrie and Eboni Usoro Brown (nee Beckford-Chambers) to demonstrate how the team developed the game that led to the most successful period in the history of England Netball.

PROGRAMME

SESSION ONE
Skill practices to increase awareness and responsiveness
Serena Guthrie and Eboni Usoro-Brown

SESSION TWO
Decision making under pressure
Tracey Neville

SESSION THREE
Improving the connection between centre court and defence
Serena Guthrie and Eboni Usoro-Brown

SESSION FOUR
Key plays from the Roses
Tracey Neville with Serena Guthrie and Eboni Usoro-Brown

SESSION FIVE
Discussion, Questions and Answers

Eboni Usoro-Brown (nee Beckford-Chambers) won a Gold Medal in 2018, which was her third consecutive Commonwealth Games. She also has three World Cup medals, and a further three World Netball Series medals, including Gold in 2011. She has been a leading member of the England team since her debut in 2008, and has over 100 caps. She plays in the Netball Superleague for Team Bath



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

An Introduction to Hockey Coaching and Umpiring

with Matt Taylor

This is a course for teachers who are new to teaching and umpiring school Hockey. It provides an overview of coaching techniques for individual player development, as well as tactical considerations for team play. The game has changed significantly in recent years, with new skills and strategies to accommodate rule changes. These will be carefully introduced and explained to ensure that novice coaches are confident that their session content is contemporary and stimulating. Basic rules and approaches to umpiring the game in school - at a range of abilities and ages - will be presented to equip teachers with the ability to officiate school matches.

COACHING

- Introducing and developing core skills
- Pushing, slapping and hitting
- Individual and team defence
- 20 fun-based training drills
- Developing set piece skills: Long Corner and Self Pass
- Basic penalty corner strategies
- Small-sided games for skill development
- Playing formations

UMPIRING

- An overview of all major Rules
- Creating and applying advantage
- Communication: whistle, signal and voice
- Umpiring the self pass
- New rules at the Long Corner
- Understanding the Penalty Corner

Thursday 19 September	Haileybury, Hertfordshire
Tuesday 8 October	Southgate Hockey Club, Herefordshire
Friday 11 October	Uppingham School Leicestershire
Friday 11 October	Oxford University, Oxfordshire
Monday 14 October	East Grinstead Sports Club, West Sussex
Thursday 17 October	King Edward's VI High School for Girls, Birmingham
Friday 18 October	Nottingham University, Nottinghamshire
Monday 27 January 2020	Surbiton Hockey Club, Surrey
Friday 31 January 2020	Bath University, Somerset

Matt Taylor is Head Coach of Beeston HC in the Men's National Premier League, winning three Championships between 2010 and 2014. He is also coach of Nottingham University, who won BUCS Gold in 2015, and took Cannock Ladies into the Premier League in 2009. He is a former England international, and won several Premier League titles with Cannock HC.



Coaching Mini Hockey/In2Hockey

with Matt Taylor

Hockey at Under 13 and below is played 7-a-side. This is the stage at which a sound foundation of basic skills and game understanding is established. Although many of the techniques are similar to the full game, the tactical implications of a smaller and differently shaped pitch demand an alternative approach. The Mini game also allows opportunities to introduce tactical dimensions that will continue into the 11-a-side game, such as new strategies for long corners, hits around the circle and the self pass.



- Developing core skills
- 1v1 elimination skills
- Passing on the reverse and the open stick
- Free Hits within 5 metres of the circle edge
- Approaches to the new Long Corner rule
- Outletting from 16-yard hits
- Penalty Corners attack and defence
- Tactical Implications of the new rules
- Making the most of the self pass
- Formations for the 7-a-side game
- Games based practices

Friday 4 October	Nottingham University, Nottinghamshire
Monday 7 October	Southgate Hockey Club, London
Monday 14 October	Bloxham School, Oxfordshire
Thursday 17 October	Surbiton Hockey Club, Surrey

PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

We are pleased to be partnering with MT13 in the delivery of this term's Hockey courses.



Hockey Resources

Coaching E-Books by Matt Taylor

Beginners

A-Z OF CORE AND ADVANCED SKILLS

A complete guide on how to coach core and more advanced skills

PROGRESSIVE DRILLS TO DEVELOP CORE SKILLS

Drills and practices to aid the learning of 33 selected and advanced skills

101 SHOOTING DRILLS

Different shooting drills for individual, small unit and team groups

LETTERS AND SHAPES TO AID BALL CONTROL

Different letters and shapes to aid touch and feel and simplifies these skills for younger players that may be new to Hockey

CONDITIONED GAMES

A range of conditioned games that will help develop players' skills and tactical considerations

Advanced

ATTACKING IN THE FINAL THIRD

Explaining the biggest development in hockey over recent years – attacking in the final third.

PENALTY CORNERS

An insight into attack and defence of the modern short corner

FITNESS RELATED TRAINING DRILLS

Maximising pitch time by incorporating conditioning work into training drills

PLAYING THE 5-3-2 FORMATION

Familiarising coaches and players alike with the individual roles and responsibilities within the 5-3-2 formation

THE ART OF DEFENDING

Neutralising recent developments in attacking play

Price

£13.99 for each eBook
£59.99 for the 5 in the series
Both series for £109.99

ORDER FROM resources@independentcoacheducation.co.uk

Advanced Hockey Coaching

with Matt Taylor

This elite Coaching Course is aimed at the more experienced coach looking to improve knowledge of the most recent advances in the modern game. It is especially suited to coaches of school teams from Under 13 to Under 16, as well as senior teams. The course combines theory, practical and video analysis to provide an understanding of the strategies of the top teams, and how these can be applied in schools.

TECHNICAL CONSIDERATIONS

- The latest technical developments of the game
- First time passes
- Coach all aspects of the penalty corner

TACTICAL CONSIDERATIONS

- Assessing individual player impact
- Applying the Belgium Zonal Press
- Inside vs Outside marking principles
- Defending with 10 players
- Exploiting the opportunities created by playing against 10
- Defending long corners
- Rotating to the back 5 effectively
- Playing against deep compact defences

Friday 20 September	Haileybury, Hertfordshire
Friday 1 November	Nottingham University, Nottinghamshire
Monday 4 November	Southgate Hockey Club, Hertfordshire
Friday 8 November	Surbiton Hockey Club, Surrey
Monday 3 February 2020	East Grinstead Sports Club, West Sussex



Coaching Aids

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HEAVY HOCKEY BALLS

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Assist in developing accuracy, control, touch and ball manipulation

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Lower friction makes these perfect for improving player touch owing to reduced friction

Especially suitable for sand-based pitches

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DIMPLED HOCKEY BALLS

Game and training quality balls. Available in White, Yellow and Pink

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1st XI Coaches Conference

with Max Caldas

Thursday 3 October at Harrow School, London
Friday 4 October at Repton School, Derbyshire

The Senior Coaching Conference will be led by Max Caldas, the current coach of the Dutch Men's National Team. This is suitable for coaches of school 1st XIs, both boys and girls, or for teachers who aspire to this position in the future. It is an opportunity to understand current thinking from the very top of the international game, and to experience one of the world's top coaches in action.

The morning session will be theory-based, and illustrated by video. Max will explain his philosophy of coaching, and the technical and tactical focus of his teams. The afternoon will be a demonstration of practical coaching, using players from the host school.

PROGRAMME

- Latest trends in International Hockey
- The importance of the counter attack
- Zonal vs Man to Man Marking and why zonal is now preferred
- Managing the best players effectively
- Practical demonstration on developing attacking play
- The key skills required to make it at International Level
- Penalty Corners – What next?

Max Caldas is the current Head Coach of the Dutch men's team. He was previously Head Coach of the Dutch women's national team that won Gold at the 2012 Olympics, having been Assistant Coach when they won Gold at the previous Games in Beijing. He also won Gold at the inaugural Hockey World League in 2013. In June 2014 he won his third Gold with the Dutch women at the Hockey World Cup in The Hague before becoming the Head Coach of the Men's team. He was an Argentine International player, competing in the 1996 and 2004 Olympics.



PRICES

1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Conference runs 9.45am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.



Indoor Hockey Coaching Master Class

with Moritz Fürste

Aimed at coaches who want to excel or specialise in the indoor game. This conference will provide an insight into modern Indoor Hockey at the highest level, delivered by one of the world's greatest indoor players.

- Effective modern indoor training and coaching techniques
- Focusing on specific skills
- Individual player improvement
- Adapting training for indoor hockey
- Creating a tactical focus in offence and defence
- Making best use of time outs – what to focus on
- Unlocking defences with an extra outfield player
- Training aids for Indoor Hockey

Thursday 7 November Whitgift School, Croydon

Moritz Fürste is a former Captain of the German National Team. He won Gold medals at the 2008 and 2012 Olympics; as well as the 2006 World Cup. He played at the Uhlenhorster Hockey Club (UHC) in Hamburg from 1989 until he retired in 2018, where he was captain. He guided his team to success in the Euro Hockey League (EHL) on three occasions, winning the title in 2007–8, 2009–10 and 2011–12. At the inaugural season of the Hockey India League, Mo was named one of the six marquee players and named as the EHL's most valuable player in the 2007–8 and 2009–10 seasons. At the European Championships 2011, he received the "Most Valuable Player" Award. After nominations in 2010 and 2011, Mo was named the IHF World Player of the Year in 2012 and was the first German player to be inducted into the EHF Hall of Fame.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Conference runs 9.45am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

Prep Conferences for Coaches and Players

Prep Conferences provide an opportunity for both players and coaches to encounter the latest skills and strategies direct from leading players and coaches. It is a rare opportunity for children of this age to receive direct coaching from leading internationals and Olympians.

Coaches will have the opportunity to observe these sessions, attend unique education sessions bespoke to the sector, and trial the latest training equipment and coaching technology.

THE FORMAT

Each School may bring up to 4 coaches and up to 12 players. This can include up to 2 goalkeepers, though may comprise entirely of outfield players. For the morning sessions, players will be grouped together (max 12 per group) and will work with each presenter in turn for 20 minutes to learn various technical elements of the game. Coaches will attend structured workshops which will include topics such as fast-tracking player development, coaching technical skills, effective set plays in the attacking half, and improving link-up play whilst still maintaining momentum attack.

In the afternoon the celebrity presenters will deliver different game play scenarios, to support players and coaches to implement team tactical considerations.

TECHNICAL CONTENT

- Developing advanced skills such as reverse stick hitting, 3D elimination skills and drag flicking
- Receiving skills; teaching players to appreciate their surroundings, anticipate and understand their options prior to receiving the ball
- 1 v 1 defending techniques
- Distribution techniques such as aerials, slapping and disguised slapping
- Ball carrying at pace to enable players to pass, eliminate and shoot
- GKs will be in a separate group working through specific technical considerations for goal keeping

TACTICAL CONTENT

- 15-metre hit outs
- Long corner set plays
- Options from the push back (centre ball)
- Free hits in the attacking third
- Penalty corner routines in attack and defence

Monday 30 September Millfield School, Somerset

Tuesday 1 October Repton School, Derbyshire

Thursday 3 October Dragon School, Oxfordshire

Barry Middleton is the most capped player in the history of Great Britain and England Hockey. He retired from international hockey in April 2019, Barry amassed 432 caps and 119 goals for Great Britain and England. He played in four Olympic games, four World Cups, eight European Championships and four Commonwealth Games. He was also named in the World Team of the Year on three occasions, and was nominated for FIH world player of the year in 2018. He was Captain of England for nearly a decade, and led GB in two Olympics. This included a fourth place at the London Games in 2012, the men's team's best Olympic finish since 1988. He played club at Cannock, East Grinstead and Holcombe, as well as Der Club an der Alster in Germany, HGC in Holland and Ranchi Rays in India.



Alex Danson MBE is the current Captain of England and Great Britain. Her 306 international appearances make her the most capped player in the current England and GB squad. She has scored 115 goals for her country. She was part of the GB squad that won a Gold Medal in the 2016 Olympic Games and Bronze at London 2012. She competed at her fourth Commonwealth Games in Australia in April 2018 where she won a bronze medal, having won a silver and two bronze medals at previous Games. She was awarded the MBE for services to Hockey.



Ollie Willars plays as a defender for England and Great Britain and made his international debut in 2012 at the Champions Trophy in Melbourne. He has since made 130 combined International appearances for England & GB. His career at Beeston HC coincided with the club's most successful period ever, winning the English Premier League three times. He has played in two Commonwealth Games, winning Bronze Medals in both and has also played in three European Championships, achieving Bronze in 2017.



Lily Owsley MBE plays as a forward for England and Great Britain. At the age of 24 she already has 138 international caps and has scored 31 goals. She won an Olympic Gold medal in 2016, European Gold (2015), Silver (2013) and Bronze (2017). Lily was also named FIH Rising Star in 2016. Lily was awarded the MBE in 2017 for services to Hockey.



PRICES PLAYER **£49** COACH **£99**

Conferences run 10am – 3.30pm. Prices are inclusive of IAPS discounts.
Price includes lunch, refreshments and notes. Excludes VAT.

Building the Foundations for Physical Literacy in Key Stage 1

with Lesley Minervini

Many children arrive in school without a wide and varied movement vocabulary. Changes in childcare practices and technological developments, mean it is less likely that children have been allowed to play out, jump in puddles, climb trees and take part in rough and tumble play. Many children spend increasing amounts of time sitting, watching educational videos, playing with smart toys and in general being much more sedentary than in the past. Movement, however, is an essential ingredient for a child's development and capacity to learn.



This introductory course is suitable for both specialist and non - specialist teachers and secondary teachers who teach Key Stage One. It will provide a range of fun physical development activities from Early Years upwards, giving children the firm foundations they need, to become Physically Literate and able to access Physical Education and Sport in later years. The course will focus on:

- The importance of movement and play in child development
- Creating an environment for children to explore and consolidate movement skills
- Building the skills of locomotion, stability and object control in a developmentally appropriate way
- Progressing from fundamental movement skills into games and activities
- Pedagogical approaches to developing physical literacy
- The importance of progression in cognitive skills alongside physical skills

Monday 11 November	Bloxham School, Oxfordshire
Monday 18 November	Rainbow Leisure Centre, Epsom, Surrey
Tuesday 4 February 2020	Stoke Mandeville Stadium, Buckinghamshire

Lesley Minervini has over 25 years of experience working in education, and has worked with teachers throughout the world. She has authored many resources and courses including – Start to Move cards, Healthy Movers Take Home Pack , Purposeful Playtimes and PE Underpinning Achievement. She is the tutor trainer for British Athletics officials and officiates in Athletics around the world.



Creative Games Teaching for Key Stage Two

with Caroline Park

Games teaching with young children can be challenging. Progress can be difficult to achieve. This is a course for teachers who wish to embrace



a new, relevant and effective approach to teaching games at Key Stage Two. It acknowledges the growing appreciation of the need to engage this age group in positive early physical experiences, which the “skills and drills” approach struggles to achieve. This practical seminar looks at a range of other teaching approaches and curriculum content in order to ensure progress for all pupils, whilst still promoting excellence and achievement.

- Teaching exercise principles through games – the distraction theory
- Teaching games for understanding – adapted to this age group
- Tactical games and play practice models
- Fundamental movement skills
- Pupil designed games
- STEP principles (space, time, equipment, people)

Friday 29 November	East Grinstead Sports Club, West Sussex
Monday 20 January 2020	Bloxham School, Oxfordshire

Caroline Park is a teacher, advisor and trainer. She is an industry thought leader in developing physical abilities and cognitive capacities through innovative approaches to teaching. She has been in charge of developing the Early Years physical literacy provision at several schools and is currently Head of PE at Cumnor House School.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm. Price includes lunch, refreshments and notes. Excludes VAT.

England Lacrosse Teachers' Coaching and Umpiring Award

This is a National Governing Body certificated course for teachers, coaches or sports graduates working in schools. No previous experience of teaching or playing the game is necessary. It is suitable for those who are delivering Lacrosse for the first time in a curriculum environment. The course explains the basic skills of the game, how to practise and progress them, fundamental strategies for team play, as well as a brief introduction to the basic rules and how to umpire Lacrosse (please note this course is not the Level 1 Officiating Course). It aims to provide the inexperienced teacher or sports graduate with the confidence to coach and umpire Lacrosse in order to lead lessons or assist with teams. This course is certificated by England Lacrosse.

- Imaginative and appropriate warm ups for young players
- Development and progression of basic skills: catching, passing, scooping
- Building individual attack and defence
- Transferring skills and understanding from other team sports
- Progression from individual skills to unit strategy in attack and defence
- Games, practices and drills to develop essential Lacrosse skills
- Introduction to the basic rules and umpiring in school games in order run practices and game play

Friday 11 October Cheltenham Ladies' College, Gloucestershire

Martha Cornbrooks was Head Coach of Scotland for six years. She has also been Head Coach of the England Women's Development Squad, as well as the South West Talent Pathway team. She has coached U-19 teams to victory in Regional Tournaments, and is an ELA Level 3 Coaching Award tutor.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm. Price includes lunch, refreshments and notes. Excludes VAT.

Recruit Resident Lacrosse Coaches

In partnership with England Lacrosse, we are able to offer a recruitment service for schools wishing to appoint resident coaches on short term contracts. These are typically new graduates from UK universities, which means they can be interviewed in England and there are no visa issues. All appointed coaches will have been trained by England Lacrosse prior to appointment, and will hold their qualifications.

015395 60060





Introducing Soccer to Girls

Girls' Soccer is growing in popularity within schools of all types, reflecting the raised profile of the Women's professional game. However, it is coached very differently from the boys' game.

This practical course highlights the important methodology of coaching girls' soccer and provides everything a school coach needs to know. This will include introducing the game to complete beginners, developing players and turning them into educated Soccer players. Through demonstration and modern on-field coaching practices, this course will focus on doing the basics well and understanding the priorities of the girls' game. It will give inexperienced coaches confidence that they are giving their players a thorough grounding in the game.

- Developing Girls' football
- Differences in coaching with male and female players.
- Working with complete beginners
- Developing individual skills and strategy
- Maintaining motivation and momentum
- Working in game situations
- Managing and officiating a match

Thursday 7 November Bisham Abbey National Sports Centre, Marlow, Buckinghamshire

Nick Cushing is the current Head Coach of Premier League Manchester City Women. He has been instrumental in winning six trophies and was named FAWSL Manager of the Year in 2016. During that season Manchester City won the league, remaining unbeaten. He has worked in both the boys and girls Academies at Manchester City, and built a reputation for identifying and developing talented young players.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

Educational Visits Coordinator Training

Suitable for New and Aspiring EVCs
with Paul Bond

This training is certified by the Outdoor Education Advisers' Panel. It is based on their National Guidance and resources. Adopting National Guidance removes the need for each school to write and maintain their own comprehensive guidance (School Visits Policy) and gives users easy access to regularly updated and nationally recognised guidance. This seminar is suitable for all Educational Visits Coordinators, including those newly appointed – or teachers aspiring to this role. It is also appropriate for other teachers, such as Directors of Sport and Heads of Outdoor Education, who regularly deal with off-site activities.



The focus will principally be upon potentially hazardous activities, such as tours, ski trips, outdoor education, field work, cultural visits, overseas trips and sports fixtures. However, it will consider all off-site trips. It will look at the special responsibilities incurred by residential trips. The content of this guidance is endorsed by the Health and Safety Executive, and also by the National Association of Head Teachers. A section of the seminar is devoted to Government advice and the Panel's guidance in light of recent terrorist attacks.

All OEAP courses are inclusive of certification fees.

- The role and responsibilities of the EVC and Visit Leader
- Consideration of resources (HSE, AALA, OEAP)
- Sports and cultural tours – hosting and accommodation arrangements
- Legal perspectives
- Resources and information for the EVC to provide Visit Leader training
- Awareness of recent incidents – some scenarios
- Preparing for Inspection
- School policy documentation
- Transport issues and minibuses
- Outdoor expeditions
- Contracting to Third Parties
- Staff to Pupil Ratios
- Emergency Procedures exercise
- Assessing competency of leaders and assistants
- Threats owing to terrorism

Friday 8 November Holiday Inn, Guildford

PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.



Educational Visits Coordinator Training: Update Course

Suitable for current EVCs wishing to update practices and policies

with Paul Bond

This certificated course is based on the National Guidance provided by the Outdoor Education Adviser's Panel (OEAP). Attendees will take away a comprehensive resource pack provided by OEAP.



Learning outside the classroom has always been a hugely important component of a child's education. The benefits of time away from the classroom are indisputable. The EVC's role is to help the school fulfil its Health and Safety obligations for off-site school visits by being involved in the planning and management of all educational visits.

Safety management practice and procedures are ever-changing. The issues faced by School EVC's change over time and, although EVC training does not formally lapse, it is accepted good practice for EVCs to revalidate their award by attending update training. Many organisations include a three-year requirement for EVC revalidation.

All OEAP courses are inclusive of certification fees.

- Safeguarding: including issues raised by EVC's attending the course
- Trips in a climate of heightened security
- Appropriate risk management procedures
- Homestays
- School policy documents
- Review of contemporary resources from DCFS, HSE, AALA and other recent publications
- Learning outcomes from recent incidents
- What the papers say!
- Inclusion/exclusion of pupils
- Quality badges
- Training and monitoring of staff
- Online approval systems
- Outcomes from school inspections
- Analysis of the underlying benefits of educational visits
- Provision of high-quality outdoor education
- Scenarios and solutions
- Mini buses and other transport issues

Friday 7 February 2020 Hilton Doubletree Newbury North, Berkshire

Mental Health First Aid Certificate

Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They teach the skills and confidence to spot the signs of mental health issues, offer first aid and guidance towards the appropriate support. In doing so, recovery can be speeded up, and a mental health issue prevented from becoming worse.



This 2-day course is fully certificated by MHFA England but has no formal assessment. Candidates must attend both days to become qualified.

- Seeing the signs
- Learning to listen and reassure
- Establishing the best response
- Establishing a supportive environment
- Preventing a crisis
- Being a mental health role model
- The place of family, school, peer group and community
- Ensuring everyone has access to support

Thursday/Friday 17-18 October
Hilton London Olympia, London

Thursday/ Friday 5-6 December
Hilton Doubletree Newbury North, Berkshire

PRICES 2 DAY COURSE **£349**

Course runs 10.00am – 4.00pm each day. Price includes MHFA Certification (excludes VAT)

Level 3 Certificate in Emergency FirstAid in Sport

In association with **F.A.Y. Medical**

This is a one day course specifically aimed at teachers and coaches working in a sports setting. It is assessed through a multiple choice paper and course observation, and provides a Level 3 qualification, awarded by Qualifications Network. It is the recognised qualification for teachers working in school sport, and is intended to give them confidence that they can deal with injuries in emergency situations. It is therefore particularly appropriate for teachers who coach school teams.

Qualification accreditation number 603/2899/X

- Understanding the role and responsibilities of the First Aider
- Assessing an incident
- Providing First Aid to an unresponsive casualty
- Dealing with choking in a sports situation
- Coping with wounds and bleeding
- Injuries to bones, joints and muscles
- Head injuries
- Touch line First Aid

Friday 15 November Newbury

Monday 3 February 2020 Oxford

Friday 19 June Guildford

PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm. Price includes lunch, refreshments and notes. Excludes VAT.

Recruit Graduate Coaches

Enhance your coaching programme with enthusiastic and well qualified graduate assistants. High quality coaches are available to work in schools on a resident or non-resident basis. Many have top quality playing and coaching experience, and make a wide contribution to school life.

We have more than fifteen years' experience working with schools to recruit graduate assistants. Many go on to complete teacher training in post. Our relationships with leading universities, National Governing Bodies and professional sports organisations provide access to the highest quality people. All recruitment is on an no appointment, no fee basis; you have nothing to lose.



“ I applied for a graduate role after finishing university through Dan Scargill at Independent Coach Education, back in 2009. I was guided through the whole interview process and secured a Sports Graduate role. It was a year I loved! I am now a Director of Sport in an independent school and recruit graduates through ICE. I could not recommend this recruitment service highly enough.”

SARAH PARKINSON-MILLS, DIRECTOR OF SPORT, KINGS HIGH WARWICK



Contact **Daniel Scargill, Recruitment Director**

📞 015395 60060 📞 07500 701878 ✉️ daniel@independentcoacheducation.co.uk

School Athletics Masterclass

Engaging Students in Track and Field Athletics with **Dean Macey**

Almost all UK schools have Track and Field Athletics as a significant part of their summer programme. It is one of the most accessible GCSE practical options, and most schools enter their athletes in competitions. However, progress in the technical events is often limited. Dean Macey, one of Britain's all-time greatest Decathletes, shows how teachers can make these activities exciting, stimulating and challenging. He also illustrates how effective coaching can significantly improve student progress and competitive performances.

His unrivalled expertise, entertaining delivery and breath-taking demonstrations make this a day to remember. This course is suitable for teachers and coaches of all levels of expertise, and will help those delivering the Athletics modules at GCSE and A Level to improve student grades.



- Warm up activities for young athletes
- Improving sprinting technique
- Sprint start
- Teaching hurdle technique
- High Jump/Long Jump/Triple Jump
- Developing throws: Shot, Discus, Javelin
- Analysing technique and diagnosis
- Fault identification and correction
- Coaching for individual improvement
- Understanding Rules and Regulations

Friday 6 March 2020 Thames Valley Athletics Centre, Berkshire

Friday 20 March Bedford Athletics Stadium, Bedfordshire

Friday 24 April Lee Valley Athletics Centre, London

Friday 1 May Crystal Palace National Sports Centre, London

Dean Macey was England's leading decathlete for a decade. His first major triumph was a silver medal at the 1999 World Championships, which helped him win BBC Young Sports Personality of the Year. The following year he was fourth in the Sydney Olympics and followed that with a World Championships Silver Medal. He was again fourth in the Athens Olympics, before winning a Gold Medal in the 2006 Commonwealth Games in Melbourne. He has a personal best of 8603 points.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm. Price includes lunch, refreshments and notes. Excludes VAT.

Contemporary Cricket Coaching

with Ian Butcher

Cricket coaching in schools has evolved significantly in recent years. Shorter game formats, and a focus on making the game more fast-moving, inclusive and exciting have demanded different ways of teaching the game. Traditional techniques and practice methods have required development to ensure that the game remains engaging for young people.

This requires a new approach to coaching, and an emphasis on attacking skills. Run-chasing with the bat has become as important as run-saving in the field. This course is suitable for teachers with some experience of the game, who wish to develop their understanding of modern techniques and coaching methods: it is not suitable for beginners. It will explain the basic skills of the modern limited overs game, together with ways of developing and practising them. It will also suggest imaginative ways of running net, square and fielding sessions for team practice.

- Fielding techniques and practices
- Team fielding drills
- Developing the wicket keeper
- Building the bowling action
- Creating variety in bowling
- Batting techniques and practice methods
- Drills to develop young batsmen
- Batting strategy in T20 and limited overs matches
- Imaginative net and square practices

Friday 6 March 2020	East Grinstead Sports Club, West Sussex
Monday 16 March	Downside, Somerset
Monday 27 April	Stamford, Lincolnshire
Thursday 14 May	Chelmsford Sport and Athletics Centre, Essex

Ian Butcher played more than 100 first class matches, and a similar number of one day games in a 10-year career. He scored over 7000 runs in total. He then spent 15 years with the Northamptonshire Academy, Emerging Players' squad and age group teams. He is an ECB Level 3 Coach. Ian has developed exciting and innovative ways of engaging and improving young players. He is a professional coach, who is currently developing the game in both schools and clubs.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.



Cricket Coaching and Umpiring for Inexperienced Coaches

Making Cricket Exciting and Fun
with Richard Skyrme

Cricket teaching and coaching has changed considerably in recent years. The game has become faster moving, and the techniques involved have evolved. This is a course for teachers and coaches of Cricket, who have little or no recent experience of playing or coaching the game, which will enable them to present an exciting game to children. It is particularly suitable for those teaching both younger and lower ability pupils – both boys and girls. The course provides all necessary technical information, but also illustrates how this can be delivered in an engaging way through exciting, fast-paced sessions. Practices to make the game accessible to all are combined with more advanced ways of stretching the more able.

It will also enable teachers to officiate confidently in school matches and practices.

- Making cricket exciting
- Engaging session starters
- Active batting practices
- Fielding techniques and games
- Building the bowling action
- Bowling variety: introducing spin, swing and seam
- Developing batting shots
- Small-sided games for cricket practice
- Understanding basic cricket strategy
- Imaginative net and square practices
- A simple guide to the laws of the game
- Practical umpiring in schools
- Imaginative net and square practices
- A simple guide to the laws of the game
- Practical umpiring in schools

Friday 6 March 2020	East Grinstead Sports Club, West Sussex
Friday 20 March	Stamford, Lincolnshire
Friday 1 May	Downside, Somerset
Thursday 14 May	Chelmsford Sport and Athletics Centre, Essex

Richard Skyrme was a minor counties cricketer, who taught and coached the game in schools for twenty five years. He was one of the first level 3 coaches in England. Richard is the Performance Director and Development Officer for Herefordshire, and Head Coach of the county's team in the Minor Counties competition. He is also the Head Coach of Norway in the European Championship.



Introducing and Coaching Cricket to Girls

with Caroline Park

Cricket is the fastest growing summer term school game for girls. However, many teachers lack experience and confidence to deliver lessons and coaching sessions. This is

a course for teachers of girls' cricket who have little or no experience and are introducing the game, sometimes for the first time. It is particularly suitable for teachers involved in the 10–14 age range. No previous experience is necessary. It provides everything the beginner requires to teach the game, prepare school teams and umpire matches of both the hard and soft ball games. Basic skills and strategies will be presented, along with a variety of game formats suitable for use with inexperienced players of all ages. Simple Rules and umpiring protocols will equip teachers to officiate various types of school matches with confidence.

- Engaging beginners in Cricket
- Skill based warm ups
- Introducing batting shots
- Games and practices to develop batting
- Developing the bowling action
- The role of the wicketkeeper
- Fielding techniques and games
- Understanding Cricket strategy
- Alternative formats with soft balls
- Games for developing Cricket skills in girls
- Umpiring, managing and scoring school matches
- A simple guide to the Rules of the Game

Friday 6 March 2020	Sedbergh School, Cumbria
Tuesday 17 March	Prior's Field, Surrey
Friday 24 April	Downside, Somerset
Tuesday 19 May	Wycliffe College, Gloucestershire

Caroline Park is an innovative prep school teacher, who has worked at Millfield and Cheltenham College and is now Head of Girls' Games at Cumnor House School. She has developed an innovative approach to introducing cricket to girls and establishing creative competition formats for school matches.





The ISTA Certificate in Coaching School Tennis

with Chris Hampton

This course is presented in association with the Independent Schools' Tennis Association, by whom it is certificated. This course is suitable for teachers with some experience of delivering Tennis sessions, who wish to embrace new approaches to enliven sessions and improve student performance. It will provide details of modern techniques, imaginative practices with limited courts and doubles tactics for school teams.



The Independent Schools' Tennis Association exists to promote learning and competing in tennis in independent schools.

- Modern tennis techniques for school Tennis
- Practices, drills and games to improve performance
- Effective teaching of the serve
- Class teaching: practices for larger groups
- Games for tennis training
- Coaching team players: more advanced techniques for improving players
- Tactics and strategies for doubles play

Tuesday 4 February 2020 White Horse Leisure Centre, Abingdon, Oxfordshire

Chris Hampton has been a LTA Level 5 Master Club Coach, since January 2007. He was recently awarded the LTA's 'National Club Coach of the Year' for the delivery of their programme and commitment to tennis coaching and development. He is a former ATP player and has played at Wimbledon and Eastbourne, as well as representing Oxfordshire at full senior level.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

Contemporary Swimming Teaching for Schools

with Joe Roebuck and Amy Smith

This is a course for teachers of curriculum Swimming lessons who wish to update their subject knowledge and make lessons more relevant, varied and effective. Inspectors often identify these lessons as unimaginative and outdated: this course will allow teachers to be confident that they can maximise progress with contemporary content. It is also appropriate for coaches of school swimming teams, who are aspiring to improve the techniques of their swimmers. A combination of practical demonstrations and video analysis will present modern techniques, practices to develop each stroke and fault correction.



Joe and Amy will conduct all courses in partnership, ensuring a constant and unique combination of demonstration and poolside explanation.

- Basic aquatic skills
- Technique of the major strokes
- Practices to ensure student progress
- Analysing and correcting faults
- Improving starts (from poolside and blocks)
- Progressive teaching of turns and tumble turns
- Swimming in competition
- Using innovative aids to maximise progress

Friday 15 November Downside School, Somerset

Friday 12 June 2020 Woodhouse Grove School, West Yorkshire

Joe Roebuck competed in three events in the 2012 London Olympics, in addition to the Commonwealth Games of Delhi and Glasgow, where he won two Silver medals. He is a ten-time British champion, and holds both British and Commonwealth records.



Amy Smith competed in the 2012 London Olympics in the 50m freestyle. She has participated in three Commonwealth Games, winning silver medals in each. She is European Championships Gold medalist and World Championships finalist.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.



Teaching Children to Swim

with Nick Gillingham MBE, OLY, FIOS

Teaching children how to learn to swim, still remains one of the most important lessons in the school curriculum and a vital part of a child's personal development. This course provides teachers with everything they need to confidently deliver their lessons in line with up-to-date practices: it will ensure that children are actively engaged in learning exciting new skills. It will demonstrate how teachers can build pupil confidence in the water, and then develop this into specific swimming techniques.



This new course delivers and focuses the new 'Swim England' Athlete Development Support Pathway Model in relation to learn to swim 'FUNdamentals'. It will focus on Core Aquatic Skills. Through video analysis and practical demonstrations, it will break down the vital components of modern learn to swim coaching techniques and movement literacy. Delegates are given the opportunity to enter the water and work on their own technique should they wish.

Monday 2 December Cranford House School, Wallingford, Oxfordshire

Nick Gillingham is a leading Swim England Tutor and CPD presenter engaged with teacher and coach education on behalf of the National Governing Body. He competed in 3 Olympics Games, winning a Silver medal in Seoul and Bronze in Barcelona for 200m Breaststroke. He was a Commonwealth Games Gold medalist, and won 6 European Championship medals. He held 3 World records, 11 European and 9 Commonwealth records.



British Gymnastics Courses for Teachers

These Awards are the recognised qualifications required to teach Gymnastics in schools. They are certificated by British Gymnastics, and available to any adults working in schools; no additional qualifications are necessary.



Introductory Level

Teaching Gymnastics to Key Stage Two (7–11 year olds)

This course is designed for teachers working with children at Key Stages One and Two. It is a one-day course, which is a practical introduction to teaching Gymnastics. The course is certified by British Gymnastics, as Introductory Level Gymnastics. It is regarded as the required qualification for teaching Gymnastics to primary age pupils. No previous experience is required, neither is it necessary to be a qualified teacher, nor a PE teacher.

For teachers with experience of teaching Gymnastics, the 2-day Intermediate course is advised.

- **Introduction: Warm up and Shapes**
- **Connection Skills: stepping, spinning, jumps, turns, leaps and cartwheel**
- **Rolling Skills: log, egg, side, forward, backward, teddy bear**
- **Balance: points and patches, including handstand and handstand**
- **Hand apparatus: hoops, balls and ropes Partner Balances: working with partner and small groups**

Monday 11 November Guildford Spectrum, Surrey

Monday 16 March 2020 Guildford Spectrum, Surrey

PRICES 1 DAY COURSE **£189**

Course runs 9.30am – 4.00pm. Price includes lunch, refreshments, British Gymnastics resource pack and certification. Excludes VAT.

IN ASSOCIATION WITH
British Gymnastics
More than a sport

Intermediate Level Skills for Secondary Schools

This course qualifies secondary teachers to teach gymnastics skills appropriate for Key Stages 3 and 4. Basic movements are developed into gymnastic skills on the floor and apparatus, with a constant emphasis on safe practice. This is suitable for teachers delivering Gymnastics to GCSE.

It is a two-day course, accredited by British Gymnastics, and is available to all teachers and Adults other than Teachers (AOTTs) who work in schools. It meets all Local Authority and Academy Chain requirements for the teaching of gymnastics. All courses are delivered by BG qualified and approved Tutors and include the Governing Body's extensive resource pack.

- **Body Management**
- **Basic floor skills (Part one)**
- **Basic floor skills (Part two)**
- **Flight (including rebound)**
- **Acrobatic gymnastics**
- **Partner/rhythmic gym**
- **General principles of support**

Thursday/Friday 14–15 November Guildford Spectrum, Surrey

Thursday/Friday 19–20 March 2020 Guildford Spectrum, Surrey

PRICES 2 DAY COURSE **£349**

Course runs 10.00am – 4.00pm each day. Price includes British Gymnastics resource pack and certification, lunch and refreshments. Excludes VAT. Note that a 50% deposit is payable on booking of a two day Gymnastics or trampolining course, and 4 weeks' notice is required for cancellation.

Gary Kirby is an International Performance Coach and has coached Olympic and World Championships medallists. He was appointed Men's Technical Director at the 2002 Commonwealth Games. He was Gymnastics Development Officer for Liverpool and runs PGCE and QTS Courses at Liverpool John Moores University. He was one of Britain's leading Gymnastics judges, having officiated at Olympic, World and European Championships and two Commonwealth Games. He is a British Gymnastics Accredited Tutor.



Introducing and Developing School Basketball

with **Matt Harber**

This is an introductory course intended to enable teachers to understand the game, to teach Basketball lessons and to coach teams of lower ages and abilities. It will provide a range of skills and strategies, together with ways of practising and developing these with young players. Teachers will also be introduced to the Rules and the ways in which they can be applied confidently in the school setting.

- **Developing the basic skills: footwork, dribbling and passing**
- **Shooting: lay-up, jump shot, free throw and improvised shots**
- **Skills, drills and practices**
- **Individual and team defence**
- **Game play ideas from 1v1 to 5v5**
- **Introduction to Rules and refereeing**

Friday 11 October Surrey Sports Park, Surrey (10.30am start)

Monday 14 October Bloxham School, Oxfordshire

Matt Harber has coached Basketball to leading school, university and adult players. He was Head Coach of the Loughborough University team which was three times BUCS champion, and later Head Coach of GB Under 16 Women. He has been involved in British Youth Basketball at most age groups, and is currently Head Coach of Anglia Ruskin University Men's and Women's Programmes.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm. Price includes lunch, refreshments and notes. Excludes VAT.

British Gymnastics
More than a sport

British Gymnastics qualification courses can be delivered as INSET sessions for schools and groups of schools

☎ **015395 60060**

✉ **info@independentcoacheducation.co.uk**



Dynamic Badminton Coaching and Teaching

with Gail Emms MBE

Badminton is a sport which most schools teach and coach. This is a course for teachers and coaches who want to reinvigorate their sessions with exciting, contemporary content. Gail Emms is one of Britain's leading Badminton players of recent times, and will present the most modern skills and strategies, and show how these can be adopted by teachers in schools.

Stimulating practices will provide a range of content suitable for all schools, including those with limited court space. Tactics for match play will also be introduced, making the course appropriate for those who coach school teams. Contains all content necessary to achieve top bands in GCSE.

- Modern Badminton techniques
- Defending and attacking strokes
- Skills and drills working on footwork
- Serving with purpose
- Utilising the whole court
- Small-sided games and practices for large groups
- Doubles tactics and match play
- Up-to-date rules and tactics

Thursday 6 February 2020 National Badminton Centre, Milton Keynes

Gail Emms had a 13 year international career as a Badminton player, appearing for England 68 times. She was a double Olympian, winning a silver medal in Athens in 2004. She also won gold medals in World Championships, European Championships and Commonwealth Games, retiring from international Badminton after the Beijing Olympics. She was eleven times English National Champion, in mixed and ladies doubles, and was ranked Number One in the world in 2005. She was awarded the MBE for services to Badminton in 2009.



PRICES 1 PLACE **£189** 2 PLACES **£315** 4 PLACES **£499**

Courses run 10.00am – 3.30pm.
Price includes lunch, refreshments and notes. Excludes VAT.

British Gymnastics Teachers' Award for Trampolining: Level One

This Award is accepted as the industry standard qualification for teaching Trampolining in schools. It is only available to PE teachers (including those trained abroad) and to qualifying students. A DfES number is required at registration. Completion of the Award is widely recognised as qualification to teach the relevant skills in schools. Level One qualifies teachers to handle trampolines safely, and to teach basic skills up to, but excluding, somersaults. All courses are delivered by BG qualified and approved Tutors and include certification and the Governing Body's extensive resource pack.



- Safe handling of trampolines
- Safe coaching practices
- Principles of jump, rotation, twist and shape
- Jumping, stopping and shaped jumps
- Half and full twist
- Seat, hand and knees landings
- Twisting skills
- Half twist to front, back feet and seat landings
- Swivel hips
- Linking skills

Monday/Tuesday 18–19 November
Guildford Spectrum, Surrey

Monday/Tuesday 25–26 November
Salford Trampolining Centre, Greater Manchester

Monday/Tuesday 2–3 March 2020
Guildford Spectrum, Surrey

John Beer was an International trampolinist before taking up a coaching career which produced two World and European Individual & Synchronised Champions. He was formerly Technical Director of British Gymnastics, National Trampoline Coach, and Great Britain coach at three Olympic Games. John coached recent Rio Olympians Nathan Bailey & silver medal winning Bryony Page.



British Gymnastics Teachers' Award for Trampolining: Level Two

The Level Two Award course is only available to holders of the Level One Award. It includes more complex skills, notably various forms of somersaults. This Award is recognised as qualifying teachers to teach somersaults, and the moves required for both competitions and top GCSE practical grades. Suitable for teachers of Key Stages 3, 4 and 5.



- Equipment management
- Approved spotting techniques
- Coaching Skills
- Individual trampoline skills
- Straight jumping and stopping
- Shaped jumps
- Half and full twist jumps
- Landings of all types
- Seat, front and back landings – tucked, piked and straight
- Rotations
- Simple and complex twisting skills
- Developing front and back somersaults
- Front and back somersaults tucked and piked
- Straight back somersault
- Linking Skills
- Judging and Scoring

Monday/Tuesday 25–26 November
Guildford Spectrum, Surrey

Monday/Tuesday 9–10 March 2020
Guildford Spectrum, Surrey

Thursday/Friday 18–19 June
Salford Trampolining Centre

PRICES 2 DAY COURSE **£349**

Courses run 10.00am – 4.00pm each day. Price includes British Gymnastics resource pack and certification, lunch and refreshments. Excludes VAT. Note that a 50% deposit is payable on booking of a two day Gymnastics or trampolining course, and 4 weeks' notice is required for cancellation.

The Co-Curricular Assistant Head in Independent Schools

with Rick Sellers

This seminar is intended to support newly appointed Co-Curricular Deputy or Assistant Heads – as well as teachers intending to apply for these roles this year. These are relatively new positions in schools. As a result, priorities and operating processes are often not yet firmly established. The course will look at the aims of the position, and the methods by which these can be pursued, and quality controlled, across the whole school. Frequently encountered frustrations with challenges will also be considered, alongside the various communication mechanisms and people management skills that are crucial to success.

- What is the role of the head of Co-Curricular activity?
- Leading the programme; administering the details
- What does a successful programme look like?
- Encouraging pupil involvement
- Stimulating high performance
- Balancing the offer: what must, might and may be offered
- Recruiting staff to the programme; closing the fairness gap
- Managing the key staff
- Working with parents to make it all work
- Establishing priorities and refereeing the clashes
- Communicating the offer

Friday 22 November Jury's Inn, Oxford
Monday 25 November Holiday Inn, Guildford

Rick Sellers is a Loughborough graduate who taught in independent schools for 39 years, including 30 years at Bristol Grammar School. A former Director of Sport, his final role was Assistant Head in charge of Co-Curricular provision and Parental Engagement. He has always been a passionate advocate of the educational value of co-curricular activities, and was one of the country's earliest holders of this role.



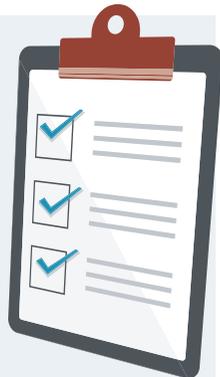
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The Director of Sport in a Prep School

The landscape of prep school sport is rapidly changing. There is pressure for both inclusivity and competitive success, and the Director of Sport faces significant challenges in compiling a programme to meet all expectations. Parents can be intrusive, and resources often limited. This course addresses the practical issues faced by prep school sport, and considers possible strategies and solutions. It is suitable for teachers leading sport in prep schools as well as those who aspire to do so. It aims to address the contemporary issues faced by physical activity in this unique sector.

- The Director of Sport as a 360-degree leader
- What are the success criteria of prep school sport?
- Linking PE programmes with sport
- What does "Sport for All" really mean?
- Should traditional games be compulsory?
- What's the future for school teams?
- Stimulating engagement in less able pupils
- Establishing a foundation of physical literacy
- Clarifying and communicating priorities
- Identifying the best competitive programme
- Quality controlling teaching
- Coaching creativity in games
- Performance and participation
- Meeting parental ambition
- Balancing performance with inclusivity
- The six outcome PE and games programme
- Building a communication strategy

Tuesday 19 November Central London
Thursday 21 November Oxford
Tuesday 23 June 2020 Guildford

Developing and Managing a Sports Scholarship Programme

The place of Sports Awards in schools has changed significantly in recent years. They have grown enormously in popularity and scale, and have become the norm for a great number of schools. This has created a very competitive marketplace, as well as some confusion of purpose. There has been a shift of emphasis away from simple fee discounting to building a programme of benefits to develop each performer. The place of scholarship and means-tested bursaries has become confused. The most able pupils are in great demand, and are often considering several possible schools. There is however, a wide range in the quality and effectiveness of these programmes. This seminar looks at the entire process of building an industry leading Award scheme, encouraging applications, running a selection mechanism based on the science of talent identification and then optimising the contribution of Award holders once they are in the school.

This seminar is intended for schools who currently operate an Award programme, but wish to improve its impact - as well as those seeking to establish one for the first time.

- What are you trying to achieve?
- Advantages and disadvantages of sports awards
- Overcoming objections
- What are you offering?
- How important is money?
- Promoting your awards
- Finding candidates: beating the competition
- How many candidates should you have?
- Generating publicity materials
- Communicating with parents
- Running the selection process
- What does science say about Talent Identification?
- Managing disappointment
- Optimising contribution and developing award holders
- The Award programme in the school

Monday 7 October Bristol
Tuesday 8 October London
Monday 14 October Leeds

Neil Rollings was Director of Sport in four HMC schools, over a 21 year career. He was an ISI Inspector and he now works with schools to develop and audit modern sports programmes and with Heads to appoint Directors of Sport. He is a regular conference speaker, influential blogger on school sport issues, and Chairman of PADSIS.



Becoming a Director of Rugby in Independent Schools

The challenges in delivering school Rugby are more complex than ever. Recent high-profile safety concerns have challenged the assumption that participation should be compulsory, and the game in schools is under unprecedented pressure. Schools therefore require Rugby to have strong, visionary and sensitive leadership, which is why the role of Director/Head of Rugby is becoming more commonplace. However, the job is now more challenging than ever before, and being a great player or coach is no longer sufficient preparation.

This course is aimed at teachers and coaches who have been recently appointed to this position, or who aspire to achieve this in the future. It aims to prepare them for the wider implications of the job.

- Director of Rugby – or Head Coach?
- Defining the role and its expectations
- Leading the school Rugby programme
- Dealing with the compulsory Rugby issue
- Building retention: the issue of the future
- Addressing safety concerns with science
- Communicating benefits to parents and staff
- Establishing priorities and measuring success
- Making the rugby experience engaging
- The place of non-contact Rugby
- Building a stimulating Rugby programme
- Leading staff, pupils, parents and heads
- Managing expectations
- Sports scholarships: advantages and disadvantages
- Creating and championing coaching philosophy
- Director of Rugby as an ambassador for the game

Thursday 7 November Newbury

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www.independentcoacheducation.co.uk



Dealing with Parents in School Sport

Parents vary widely in what they want – and don't want – for their children from school sport. Directors of Sport identify relationships with parents as the most demanding dimension of their role. This new course is aimed at helping them to cope with the requirements and aspirations of all types of parents in independent schools. It will look at strategies for communication, and for managing expectations. It will also consider how modern science can be used to educate parents of the benefits of sport and physical activity for children of all levels of sporting ability.



- Taking the lead in parental relationships
- Communicating the success criteria
- Managing expectation and entitlement
- The tricky issue of team selection
- Performance and participation
- Talent development and early specialisation
- Touchline behaviour and encouragement
- Maintaining proactive communications
- Dealing with difficult parents
- Exams v summer term sport
- Resolving conflict
- Encouraging partnerships

Friday 22 November Central London

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Courses run 10.00am – 3.30pm. Price includes lunch, refreshments and notes. Excludes VAT.

The Director of Sport in an Independent School

This course is intended for recently appointed Directors of Sport, and those who intend to apply for these roles in the near future. The landscape of school sport has changed significantly in recent years, which has impacted upon this role, and what schools are now looking for in their appointments. The course seeks to clarify the success criteria of this position, and considers the role of the Director of Sport as a leader, and culture builder. The issues surrounding establishing a programme which can deliver performance and participation are also considered, along with topical issues such as compulsion, health and fitness and the future of team games. It also suggests how candidates for jobs can strengthen their applications, and prepare for interviews.

- What is a Director of Sport?
- Becoming a leader
- Culture building and quality control
- Leadership, management and administration
- The importance of 360 degree leadership
- Establishing aims and goals
- Building structures and systems
- Satisfying parental expectations
- Dealing with difficult colleagues
- Creating the games programme
- Participation v performance
- Choice v compulsion
- Quality and equality
- What does "Sport for All" really mean?
- Building a communication strategy
- Creating a culture of health and fitness
- Working with the Head and Bursar

Monday 18 November	Central London
Thursday 13 February 2020	Oxford
Friday 19 June	Edinburgh
Monday 22 June	Guildford



Looking for a new job this year?

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HEAD OF NETBALL

ASSISTANT DIRECTOR
OF SPORT

PE TEACHER

HEAD OF PE

SPORTS GRADUATE

HEAD OF RUGBY

RESIDENT LACROSSE COACH

HEAD OF CRICKET

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