

# CPD: sports coach UK Talent Seminars

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sports coach UK wish to inform you of the launch of their Talent Seminars, developed for coaches working within National Governing Body Talent programmes involved in developing emerging or identified athletes in the England Talent Pathway. These coaches are expected to be UKCC Level 2 or working towards and working with regional or county squads, depending on the specific structure of the sport.

The booking process is now available through Coachwise and more information can be found on the Talent Seminar website page on the sports coach UK website  
<http://www.sportcoachuk.org/people-who-develop-coaches/support-coaches/talent-coaching-programmes>

## Guest speakers

Bryan Jones

Workshop attendees will explore those psychological characteristics that have been shown to be important in the development of talented performers. Within the workshop, you will be challenged with applying these in your own context and begin to unpack some of the more common ones. Bryan will provide some more detailed insight into such characteristics as imagery, and how that can positively impact on performance and discuss the implications to them and their athletes/players. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings.

Paul McGee

Paul McGee is one of the UK's leading speakers on the subject of change, workplace relationships and motivation. His provocatively titled book SUMO (Shut Up, Move On) became an instant best seller and his book on Self Confidence reached number one in the WH Smith's business book chart and remained there for a further 24 weeks.

The session will look to deliver the theme of Motivation, 7 principles, practical tools within the concept that Paul has used with various organisations including sport

Dave Readle

Dave is one of the UK's top sport psychologists, with an extensive background in sport and performance, he consistently delivers world class results. With over 20 years of experience in sport, education and elite performance, Dave has developed into an insightful professional who can help to inspire and motivate any organisation

The workshop will look at the various challenges faced by talent level athletes. During this time of development there are many challenges that an athlete will face, and it is our job as coaches to be able to understand these challenges as well as be able to support the athlete as well as manage our own expectations.

## Workshop titles

### 1. Understanding talent

Workshop attendees will explore the definition, understanding and research associated with talent in sport (and across life as a whole!) The implications to them and their athletes/players will also be discussed. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings. The Understanding talent learning outcomes include:

- Share current academic research regarding giftedness and talent and challenge coaches to apply it to their own contexts
- Explore the concepts of nature v nurture, the interaction of biological / psychological / social factors and the links to mindset

- Challenge attendees to reflect on the talent systems they work within and share their experiences with coaches from other sports

## 2. Talent identification

Workshop attendees will explore the key concepts and challenges of talent identification (TiD) and discuss the implications to them and their athletes/players. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings. The TiD learning outcomes include:

- Share current academic research regarding TiD and challenge coaches to apply it to their own contexts
- Explore the concepts of potential v performance, non-linearity of talent journeys and the variety of 'ages' within talented performers
- Check and challenge attendees to reflect on their own identification practices and systems and share with other sports

## 3. Talent development environments

Workshop attendees will explore the key features of effective talent development environments (TDE's) and discuss the implications to them and their athletes/players. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings. The TDE's learning outcomes cover:

- Share current academic research regarding TDE's and challenge coaches to apply it to their own contexts
- Explore the features of effective TDE's across a range of sports and investigate the models that have been created to provide a TDE framework
- Check and challenge attendees to reflect on their own environments, practices and systems and share with other sports

## 4. Talent development

Workshop attendees will explore the key concepts and challenges of talent development and discuss the implications to them and their athletes/players. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings. The Talent development learning outcomes include:

- Share current academic research regarding talent development and challenge coaches to apply it to their own contexts
- Explore the concepts of deliberate practice, the '10,000 hour' rule and how these link to skill acquisition
- Check and challenge attendees to reflect on how they currently develop talent and share with other sports

## 5. Relative Age Effect (RAE) & developmental ages

Workshop attendees will explore the key concepts of RAE and the different developmental ages and discuss the implications to them and their athletes/players. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings. The RAE & developmental ages learning outcomes include:

- Understand the concept of Relative Age Effect and explore the impact on talent identification and development
- Explore the interplay between other key biological, psychological and social factors that affect developing talented athletes/players
- Check and challenge attendees to reflect on how they currently identify, support and develop athletes/player within their pathway

## 6. Developing player/athlete relations

Workshop attendees will explore the key concepts of how to support and manage individuals and discuss how to develop positive player / athlete relationships. This is an exciting opportunity to gain further insight and share knowledge with other coaches working in similar talent settings. The developing player / athlete relations learning outcomes include:

- Supporting / managing individuals and exploring the coach / athlete relationship
- Discuss the intrinsic and extrinsic motivations of athletes
- Explore the concepts of fight, inner drive control, the critical moment and resilience

- Create the environment for the coach to be the skilled helper
- Exploring strategies and techniques to assist self-control

**Where are they happening? How do coaches book on to a Talent Seminars?**

For more information please click on:

<http://www.sportscoachuk.org/people-who-develop-coaches/support-coaches/talent-coaching-programmes>

The seminar starts at 10am and runs through until 4pm, all course materials will be provided.

Light refreshments and lunch will be provided through the day.

To book your attendance please ring Coachwise bookings on 0845 6013054

On receiving your call we will take your payment of £30 and complete your registration

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