


# CPD: Humber Sport Coaching Courses

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 Humber Sport have a series of upcoming courses that are definitely not to be missed.

All the latest course can be booked online here <http://coaching.humbersport.com/>

## Safeguarding & Protecting Children £35 6.30pm – 9.30pm

This course aims to increase awareness of safeguarding and protecting children, helping coaches to recognise signs of abuse and poor practice and deal sensitively and effectively with issues that arise. It also prompts a review of coaching practice to ensure that sport provides a positive and enriching experience for children. Delegates must be 18 or over, 16 & 17 year olds can attend if chaperoned by an adult.

- 16th June @ Partnership Learning Centre, Hemswell Avenue, Hull, HU9 5LD
- 22nd June @ Bradley Football Development Centre, Bradley Road, Grimsby, DN37 0AG
- 24th June @ Longcroft School & Performing Arts College, Burton Road, Beverley, HU17 7EH
- 22nd July @ The Pods, Ashby Road, Scunthorpe, DN16 1AA
- 27th August @ University of Hull Sports Centre, Inglemire Lane Hull HU6 7TS

## First Aid £35 6.00 – 10.00pm

Suitable for everyone of all abilities, this 4 hour course is made up of both theory and practical work. Participants will receive printed resources and a certificate from Direct Action Training. The '4 Hour Emergency First Aid' course is tailor made for sport coaches. Highly experienced tutors and small group sizes mean the course can cover topics that are specific to individual candidates and their chosen sport.

- 23rd June @ The Pods, Ashby Road, Scunthorpe, DN16 1AA
- 20th July @ University of Hull Sports Centre, Inglemire Lane Hull HU6 7TS
- 17th August @ Bradley Football Development Centre, Bradley Road, Grimsby, DN37 0AG
- 18th August @ Driffield Rugby Union Club, Kellythorpe, YO25 9DW

## How to Coach Disabled People in Sport £20 6.30pm – 8.30pm

This workshop aims to answer all commonly asked questions about disabled participants in sports and how to set up coaching sessions to suit their needs. It gives advice on how to plan a session, or make minor adjustments to the way you work to make your coaching more effective. By the end of this course you will be able to: Determine how to include disabled people in sport, Select appropriate coaching activities and Create effective coaching environments

- 10th June @ Longcroft School & Performing Arts College, Burton Road, Beverley, HU17 7EH
- 7th July @ The Pods, Ashby Road, Scunthorpe, DN16 1AA

## Nutrition for Optimum Performance £20 6.30pm – 8.30pm

This practical workshop will evidence current literature in regards to nutrition and hydration for performance and recovery, specifically focusing on the demands of training and games. This will be presented in a format to allow coaches to look at their current practices and make appropriate alterations.

- 15th June @ The Pods, Ashby Road, Scunthorpe, DN16 1AA
- 9th September @ Bradley Football Development Centre, Bradley Road, Grimsby, DN37 0AG

### Sports Psychology £20 6.30pm – 8.30pm

As a coach, you will instinctively know when a player has 'Mental Toughness' but the difficulty is explaining what it is to someone else or how to harness and grow it within the context of your sport. This session is aimed at explaining what mental toughness is, how to identify it and more importantly how to develop it in players/athletes using a framework based on positive psychology. Coaches and athletes will leave the seminar with tools to develop themselves and/or their athletes as well as obtaining a greater understanding of the link between mind and body in the pursuit of sporting success.

- 16th June @ Cottingham Sports Centre, Northgate, Cottingham, HU16 5QW
- 25th August @ Bradley Football Development Centre, Bradley Road, Grimsby, DN37 0AG

### How to Deliver Engaging Sessions £30 6.30pm – 9.30pm

Expand your coaching knowledge and reap the benefits. Ultimately, how people feel about your first few coaching sessions will ensure they keep coming back again and again to enjoy their sport. This workshop will develop your coaching skills, equipping you with the essential knowledge to ensure new participants do just that. It includes a practical element so you will have the chance to put into practice what you learn in the first part of the workshop.

- 25th June @ University of Hull Sports Centre, Inglemire Lane Hull HU6 7TS
- 24th September @ University of Hull Sports Centre, Inglemire Lane Hull HU6 7TS

### Coaching Children 5 – 12 £30 6.30pm – 9.30pm

It's Not Just About Winning! Help Children Reach Their Full Potential. Do you coach children aged between 5 and 12 years of age? Then this is an exciting chance for you to reconsider the emphasis of your coaching and enhance the experience of your young participants in the process. You'll be introduced to the 'C' system of coaching children, which will improve your soft and personal skills helping you to become a more effective coach. Improve the development of all your young children by offering them an exciting, challenging and well structured environment in which they can discover all that is good about sport

- 6th July @ Grimsby Institute, Nuns Corner, Grimsby DN34 5BQ
- 14th July @ University of Hull Sports Centre, Inglemire Lane Hull HU6 7TS

### A Guide to Mentoring Sports Coaches £30 6.30pm – 9.30pm

Take Your Support Skills to the Next Level. Mentoring is a powerful tool in the education and development of sports coaches at all levels. If you're interested in developing your skills in the area of mentoring other coaches, then this workshop is for you.

Including – All the tools you need to develop your profile to the next level. How to design a mentoring programme that will support your coaches' learning and to increase the effectiveness of your mentoring relationship

- 30th June @ Bradley Football Development Centre, Bradley Road, Grimsby, DN37 0AG
- 6th July @ University of Hull Sports Centre, Inglemire Lane Hull HU6 7TS
- 19th August @ The Pods, Ashby Road, Scunthorpe, DN16 1AA

To book a place on these courses or for any further information please visit the website

[www.humbersport.com/coaching](http://www.humbersport.com/coaching) or contact Lisa Pooley on 01482 244344

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