



motorcyclesport scotland

Overview

Day 1

1. Introduction and Ice Breaker
2. Effective Coaching Map
3. Coaching Philosophy Review
4. Your Roles and Responsibilities Review
5. Conducting a Risk Assessment (15 mins)
6. Effective Communication
7. Styles of Learning
8. Coaching Methods
9. Breaking Down a Skill
10. SACU Coaching Checklist
11. Feedback Models
12. Share Coaching Philosophy/Goals/Priorities
13. Groups for Day 2



Day 2

1. Discuss the session plan for micro session
2. Deliver micro session
3. Feedback with the tutor
4. Creating a personal coaching plan