

Norway Coaching Course – Level 1

Oslo, NOR

26-30 June

Time	Activity	Location
Arrival & Meeting – 25 June		
Afternoon	Arrival at Hotel	Hotel
Late Afternoon	Check Facilities	Training Hall
Day 1 – 26 June		
6:30 – 8:30	Breakfast	Hotel
8:45 – 9:00	Introduction to Coaches	Training Hall
9:00 – 11:00	Training Camp	Training Hall
	<ul style="list-style-type: none"> Assist with camp and work with coaches 	
11:00 – 13:15	Coaching Course – Session #1	Training Hall Classroom
	<ul style="list-style-type: none"> Intro/Welcome/Course Objectives (20 min) Hopes/Fears – What they hope to learn (15 min) Drawing a Role Model Coach – present (40 min) Risk Assessment/Management (40 min) Introduce Practical #1 – Coaching a Skill (5 min) 	
13:15 – 14:30	Lunch	TBD
15:00 – 17:00	Training Camp	Training Hall
17:00 – 19:30	Coaching Course – Session #2	Training Hall Mats
	<ul style="list-style-type: none"> Practical #1 – Coach a new skill (120 min) – Participants will act as wrestlers – 5 min/coach Discovery Games (30 min) – Introduce/Example 	
20:00 – 22:00	Dinner	Hotel
Day 2 – 27 June		
6:30 – 8:30	Breakfast	Hotel
9:00 – 11:00	Training Camp	Training Hall
11:00 – 13:15	Coaching Course – Session #3	Training Hall Classroom
	<ul style="list-style-type: none"> Identifying Key Factors (60 min) Improving Communication (25 min) Introducing a New Technique (35 min) 	
13:15 – 14:30	Lunch	Hotel
15:00 – 17:00	Training Camp	Training Hall
17:00 – 19:30	Coaching Course – Session #4	Training Hall Mats
	<ul style="list-style-type: none"> Practical #2 – Discovery Game (75 min) Practical #3 – Teaching a New Technique (75 min) 	
20:00 – 22:00	Dinner	Hotel
Day 3 – 28 June		
6:30 – 8:30	Breakfast	Hotel
9:00 – 11:00	Training Camp	Training Hall
11:00 – 13:15	Coaching Course – Session #5	Training Hall Classroom
	<ul style="list-style-type: none"> Coaching Skills to Improve Learning (75 min) Checking for Comprehension (45 min) 	
13:15 – 14:30	Lunch	Hotel

15:00 – 17:00	Training Camp	Training Hall
17:00 – 19:30	Coaching Course – Session #6	Training Hall Classroom & Mats
	<ul style="list-style-type: none"> • Coach/Referee Together • Rules Game • Reverse Roles • How to work together 	
20:00 – 22:00	Dinner	Hotel
Day 4 – 29 June		
6:30 – 8:30	Breakfast	Hotel
9:00 – 11:00	Training Camp	Training Hall
11:00 – 13:15	Coaching Course – Session #7	Training Hall Classroom
	<ul style="list-style-type: none"> • Coach's Role in Youth Sports • Age Group Characteristics 	
13:15 – 14:30	Lunch	Hotel
15:00 – 17:00	Training Camp	Training Hall
17:00 – 19:30	Coaching Course – Session #8	Training Hall Mats
	<ul style="list-style-type: none"> • Practical #4 – Teach/Coach a New Technique (120 min) 	
20:00 – 22:00	Dinner	Hotel
Day 5 – 30 June		
6:30 – 8:30	Breakfast	Hotel
9:00 – 11:00	Training Camp	Training Hall
11:00 – 13:15	Coaching Course – Session #9	Training Hall Classroom
	<ul style="list-style-type: none"> • Athlete Safeguarding • Anti-Doping • Review any topics 	
12:00 – 14:00	Lunch	Hotel
15:00 – 17:00	Training Camp	Training Hall
17:00 – 19:30	Coaching Course – Session #10	Training Hall Mats
	<ul style="list-style-type: none"> • Possible Practical #5 – Teach/Coach a Technique • Course Evaluation • Certificate Presentation 	
20:00 – 22:00	Dinner	Hotel
Departure – 1 July		
Morning		