

# Course Outline: Coaching Foundation Movement Skills

Our 'Coaching Foundation Movement Skills' course is designed to build upon your existing knowledge and expertise, empowering you to enhance your coaching abilities, deepen your understanding of athletic movement, inspire new ideas, and gain the confidence to coach the mastery of athletic movement skills in any training environment. As coaches ourselves, we know that confidence in our own knowledge and skills significantly increases the enjoyment of and commitment to delivering impactful physical development programmes. So, join us for this professional learning opportunity and unleash a whole new world of physical development potential.

## Workshop Focus Points



- To identify and explore the nine categories of athletic foundational movement skills (FMS), enhancing personal mastery of the 'why' and 'how' across all activity categories..
- To explore the application of foundational movement skills coaching in diverse contexts, including with youth, older adults, rehabilitation, recreational fitness, and performance athletes, with opportunities to tailor discussions to your personal requirements.
- To develop the knowledge and skills needed to utilise foundational movement skills as a screening tool, assessing and monitoring participant abilities using widely available technology for progress tracking.
- To be able to design creative and targeted programmes for individuals and groups, with confidence to adapt exercises based on ability. As well as enhancing coaching skills to deliver impactful sessions within various time constraints and training environments.

## What You'll Learn:

- You'll identify and explore the nine categories of foundational movement skills, serving as the base of the physical performance pyramid.
- Develop your understanding and personal mastery of technical models, encompassing running, jumping mechanics, and movements that build strength and mobility.
- Learn and implement progressions and regressions within each category tailored to individual abilities and desired training outcomes.
- Understand how to sequence exercises effectively to design and deliver engaging and efficient warm-up routines.
- Utilise readily available technology for assessing and monitoring participant abilities and tracking progress.
- Design comprehensive training programmes, setting goals and creating route maps to achieve both individual and group objectives.
- Explore the benefits and applications of mastering foundational movement skills across various contexts, including youth, older adults, rehabilitation, recreational fitness, and performance athletes.
- Learn how to assess your organisation's S&C training culture, establish clear objectives for the training environment, and optimise facility and equipment usage.

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## Who this course is aimed at:

The Athlete Academy 'Coaching Foundation Movement Skills' course provides a unique opportunity for fitness trainers, physical educators, sports coaches, and physiotherapists to acquire the knowledge, skills, and confidence to powerfully impact on the physical preparation of people in their care.



## Workshop Focus Points

The course comprises **two full-day workshops spaced 4-6 weeks apart**. The 'magic' of the Athlete Academy delivery lies in our expert mentorship, which is provided through weekly online seminars, our community platform, and the accessibility and commitment of our tutors. This ensures that your learning can be applied in your coaching from the very start of the course.

For further information on our courses and workshops please get in touch at [info@aperformance.co.uk](mailto:info@aperformance.co.uk) or 02920 362 664

Find out more at [aperformance.co.uk/courses](https://aperformance.co.uk/courses)

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