# Community sport coach – agenda

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| **Topic** | **Time** |
| 1. Icebreaker
 | :15 |
| 1. Introduction
 | :30 |
| 1. The Swimmer
 | :45 |
| 1. Effective Teaching
 | 1:10 |
| 1. Core Swimming Principles including drill videos
 | 1:00 |
| 1. Workout Safety
 | :20 |
| 1. Pool Session (Games, Swimming Drills, Workout Safety)
 | 2:00 |
| 1. Pool follow up (Swimming Drills, Workout Safety)
 | :20 |
| 1. Practice Planning
 | 1:00 |
| 1. End of day questions/Feedback form
 | :10 |
| Breaks where appropriate (2 x 15 min) | :30 |
| Total time | 8:00 |