# 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 |