



**2014 NAYPYIDAW OS - ITU COMMUNITY LEVEL COACHES COURSE**  
**6-9 OCTOBER 2014 – NAYPYIDAW, MYANMAR**



	October 5 <sup>th</sup> Sunday	October 6 <sup>th</sup> Monday	October 7 <sup>th</sup> Tuesday	October 8 <sup>th</sup> Wednesday	October 9 <sup>th</sup> Thursday
8:30	Facilitator/ Staff arrivals	Introduction and Ethics and Philosophy  90 minutes	Coaching Communication Teaching & learning  90 minutes	Introduction to Basic Program and Annual Planning 90 minutes	Coaching Roles, Responsibilities: Group Discussions (projects)  90 minutes
9:00		Break	Break	Break	Break
10:00					
10:30		Basic Physiology and Long Term Athlete Development (LTAD) 90 minutes	Bike and Transitions Transition theory, safety, skills, drills 90 minutes	Run theory, safety, skills, 90 minutes	Next Steps Sport Development in your home programme 90 minutes
11:00					
12:00		Lunch	Lunch	Lunch	Lunch
1:30	Facilitator Meetings and venue preparation	Swimming theory, safety, skills, drills 90 minutes	Nutrition 60 minutes	Sports Psychology 60 minutes	Certification Examination 90 minutes
2:30		Break-15 minutes	Break – 15 minutes		
3:00			Bike and Transition practical 90 minutes	Run practical 90 minutes	
3:30		Swim practical 90 minute			
4:00					
5:00					Final Closing