

<b>Sports nutrition for coaches – Thursday 16 September 2010</b>
This workshop will begin by presenting an open forum for questions about nutritional advice. Through a series of interactive tasks, the workshop will go on to outline sound nutritional strategies for practical implementation in a range of sports.
<b>Developing committed performers and preventing 'dropout' – Tuesday 5 October 2010</b>
In this workshop you will be introduced to some of the theories about how young people develop commitment to sport and what makes them drop out. We will use these ideas to develop practical strategies for increasing the commitment of young people in your own sports and clubs.
<b>Making the most of your warm-up (<i>practical</i>) – Wednesday 15 December 2010</b>
In this practical workshop we will use the idea of 'fusion warm-ups' to create and trial a series of engaging and effective warm-ups in your own sports. The new warm-ups will be fun, and should develop your athletes physically, mentally, technically and socially.
<b>Coaching mixed-ability groups (<i>practical</i>) – Thursday 27 January 2011</b>
Drawing on research from the last 30 years, this workshop will use theories of 'flow' and 'multiple intelligences' to inform the creation of practical techniques. The aim of these techniques will be the challenge <i>more</i> of your participants <i>more</i> of the time during coaching sessions.
<b>Positive strategies for dealing with misbehavior – Tuesday 15 February 2011</b>
We all feel the need to punish misbehavior from time to time, but many coaches feel uncomfortable doing so in the 'child protection' age. This workshop will help you to understand <i>when</i> , <i>how</i> and <i>why</i> to single out 'deviant' behavior in your coaching sessions and provide opportunities to pilot different strategies for dealing with misbehavior.
<b>What's new with coaching young performers (aged 6-11) (<i>practical</i>) – Thursday 24 March 2011</b>
Drawing on recent developments in multi-skills and LTPD, this workshop will introduce practical ideas for integrating multi-skill activities in your coaching. The activities are all designed (and can be adapted) to focus on children's physical, social, personal, cognitive and creative development.
<b>Coaching core stability: principles and practice (<i>practical</i>) – Wednesday 13 April 2011</b>
This workshop will introduce basic anatomical and physiological information to enable coaches to create their own core stability training sessions. The workshop will also present opportunities for coaches to learn and create specific exercises to enhance core stability in a range of sports.

All workshops are £20 per place , and are allocated on a first come first served basis. If you would like to book onto any of these workshops then please contact **Lizzie Couling** , Coaching Development Manager for Lincolnshire Sports Partnership on **01522 585580** or alternatively [lizzie.couling@lincolnshiresports.co.uk](mailto:lizzie.couling@lincolnshiresports.co.uk)