



F1 Nursery Workshop Coach Developer Resource Timestamps

Coach Developers: James Devane, Seán Gannon



[00:00](#) Intro

[00:03](#) Checklist

[00:08](#) Preparation-Posters placed around hall

[00:12](#) Introduction

[00:25](#) Ice Breaker- Fun Games following IDEAL model

[01:45](#) Poster 1: Player Pathway overview and 6 principles

[03:05](#) Poster 2: Why are you involved? What you hope to learn? Post its and pens

[03:54](#) Debrief of responses

[04:22](#) Poster 3: What to Expect- Coach, Player and Club Environment

[05:16](#) Debrief of groups work

[06:24](#) Poster 3: Reveal Poster and summarise section

[08:59](#) Poster 4: Fundamental Movement Skills

[09:12](#) Best practice coaching tips- gaining attention, group management etc

[10:46](#) Poster 4: Practical FMS Activities

[13:20](#) Poster 4: Debrief of FMS Practical

[14:40](#) House analogy

[15:26](#) Poster 5: Considerations

[15:38](#) Poster 6: Stations Model

[17:23](#) Practical Sample Stations

[21:27](#) Poster 7: Debrief of How to Coach

[25:10](#) Conclusion and Wrap Up-To be a qualified Coach