



ICE 
EDUCATION

Stimulating School Sport
2024-25

SPORT	FACE TO FACE	ONLINE
Netball	3-4	23-24
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Hockey	8-9	27-28
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**EARLY BIRD DISCOUNT
FOR BOOKINGS
IN SEPTEMBER**



**EXTRA
10%
OFF**

*Early Bird Discount does not apply to British Gymnastics and Trampolining courses

Sport and exercise are essential features of the life of most schools. They are central to the educational purpose and business case. At a time of political uncertainty, a high quality sports programme is a potential point of difference for schools of all types.

The people who deliver the experiences to children on the pitches, courts and pools are the most valuable part of any programme. Research shows that engagement with the coach is the biggest determinant of whether teenagers remain involved in both competitive sport and health-promoting exercise. Where coaching is exciting, stimulating and relevant, both enthusiasm and participation rates remain high. In an era where compulsory school sport is diminishing, it is important that it is replaced by a strong culture of willing involvement. Ensuring that coaches at all levels and age groups are up to date with modern approaches is vital.

In order to make high quality training accessible to all teachers – regardless of location, time commitment and budget – most courses are offered both face to face and online. These appear to be equally popular with client schools, with number roughly similar on both versions. Online training is featured on the later pages of this brochure.

The annual conference programme is intended to enable leaders of all sports and activities to have their own opportunity to meet with their peers and hear from leading practitioners in their field. Some of these events are featured within this brochure and others will be circulated later in the school year.

It is important to us to meet the needs, requirements and aspirations of school sports coaches of all backgrounds, interests and experience. We hope you find what you are looking for in the following pages. If you don't, please let us know and we will endeavour to develop it.



We look forward to working with friends, schools and partners again for another year of stimulating school sport

**Helen Oliver
Events Director**



Recruit Graduate Coaches

Demand for graduate sports coaches in schools is five times greater than only four years ago. Finding, and retaining, the best people is more difficult than ever. High quality, enthusiastic young people are still available to work in schools, usually on a resident basis. We can find them for you.

We have more than fifteen years' experience working with schools to recruit graduate assistants. Many go on to complete teacher training in post. Our relationships with leading universities, National Governing Bodies and professional sports organisations provide access to the highest quality people.

All recruitment is on an no appointment, no fee basis; you have nothing to lose.



CONTACT DAN SCARGILL
EMAIL dan@ice-education.co.uk
TEL **015395 60060**

WE ARE PLEASED TO BE WORKING WITH THE FOLLOWING PARTNERS



Netball Coaching for Beginners

with Karen Greig

Friday 15 November Uppingham School, Leicestershire

Monday 25 November Dragon School, Oxford

Monday 13 January 2025 Gordon's School, Surrey

This is the country's most popular course for those who are new to delivering Netball sessions in schools, or who have not done so for a few years. Over 1,000 teachers have attended this event, over the years. No previous experience of playing or teaching the game is necessary, though most participants have a basic understanding. Participants will be introduced to fundamental Netball skills and ways of practising them, simple strategies for team play. The course will provide a range of practices, an awareness of techniques in shooting and passing as well as simple tactical understanding. It will also explain the basic rules, and how these can be applied to umpiring school games. Teachers will gain confidence that they have the skills and understanding to deliver curriculum lessons and run a school team.

- Skill based warm ups for young players
- Ball handling techniques and practices
- Passing drills and games
- Developing effective footwork
- Getting free in attack
- Person to person defence
- Sound shooting technique
- Developing options and court balance
- Understanding the Rules, including recent changes



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Karen Greig is the current Head Coach and Franchise Manager of Manchester Thunder. She has led the team to multiple Super League titles, and was the 2018 and 2022 Super League 'Coach of the Year'. She is a former captain and Super League winner with the same team, also achieving 40 England caps as a Goal Shooter. Karen was Assistant Coach of the full England team on their 2015 tour of Australia, and Head Coach of England Under 21. She is also a Sky Sports Expert Summariser



Netball Attack Masterclass

with Tamsin Greenway,
Director of Netball, London Mavericks

Thursday 21 November Gordon's School, Surrey

Friday 31 January 2025 Bloxham School, Oxford

Attacking styles and principles are always evolving in Netball. This is a course for teachers with some experience of coaching the game, who wish to introduce their teams to the most modern skills and strategies. It is particularly suitable for coaches of the game from Under 12 to Under 15 level. Tamsin will bring contemporary approaches direct from international and Super League Netball, and demonstrate how these can be presented in schools. A range of innovative practices will be presented, enabling teachers to approach the new season confident that their sessions will be exciting and effective.

- Understanding the principles of modern attacking play
- Practices to increase working relationships on the court
- Enhancing reactive responses in young netballers
- Ensuring attackers work together
- Court related positional practices
- Working with a school team to achieve success



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

17th Annual National Schools' Netball Coaching Conference

with Australia Head Coach, Stacey Markinkovich
hosted by Karen Greig

Monday 2 December

Surrey Sports Park, Guildford

This Conference is the biggest assembly of school Netball coaches in the country, with over 2500 coaches attending over its 17 year history. Over the years, it has featured some of the biggest names in world Netball.

This year's Conference presents a unique appearance in UK of Australia Head Coach, Stacey Markinkovich. She will demonstrate the practices and tactics that she adopts with the world's leading Netball team and illustrate how these can be adopted for schools. The day will be hosted by Super League coach, Karen Greig, who will deliver the lunchtime breakout sessions.

PROGRAMME

- **Intent and Immediacy: the keys to a competitive environment**
Stacey Markinkovich
- **When the tide turns: recognising and exploiting momentum shifts**
Karen Greig
- **Coaching the 'What's Next?' mindset**
Stacey Markinkovich



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Stacey Markinkovich has been Head Coach of the Australian Diamond since 2020. During that time, the team has won five of their past six tournaments, including the Gold Medal at the Birmingham 2022 Commonwealth Games. She was previously Head Coach of ANZ team, West Coast Fever, leading them to their first ever Grand Final, for which she was awarded the Joyce Brown 'Coach of the Year' medal.



National Prep Schools' Netball Coaching Conference

with **Tamsin Greenway & Camilla Buchanan**
Director of Netball & Head Coach, London Mavericks

Tuesday 28 January 2025
Surrey Sports Park, Guildford

This has long been the biggest event in the prep school Netball coaching calendar. Over the years, it has featured some of the very top names in the game, showing how contemporary skills and strategies can be adapted for younger players.

This year's programme will feature leading Super League coaches from London Mavericks.



1 PLACE **£179** 2 PLACES **£279**

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Dominating Mid Court Play

with **Camilla Buchanan**,
Head Coach, London Mavericks

Friday, 22 November Bloxham School, Oxford
Friday, 24 January 2025 Queen Anne's, Caversham

Midcourt players connect the defence to the attack, so their movement is key to breaking down the opposition. The key dimensions are superior speed of thought, foot work and movement patterns. This course is aimed at school coaches, with some experience, who wish to develop their understanding of mid court play, and coaching strategies for improving it. It will focus on utilising midcourt players to develop a dynamic counter attack style of play.

- Connecting defence to attack
- Movement and availability
- Passing decision making
- Circle feeding
- Circle edge availability



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

NEW



Umpiring School Netball

with **Karen Greig**

Friday 6 December Bloxham School, Oxford

Most teachers of Netball are required to umpire school matches, often in front of an audience of critical parents. This can be stressful for the novice, or inexperienced, umpire. Relatively recent rule changes have made this more challenging. This is a course to help teachers gain confidence that they can create a safe and positive environment for both players and spectators. It will ensure that teachers are familiar with the Rules, but also how the school game should be managed and scored. This course consists of classroom based learning and practical application. It also considers how the Rules can be applied sensitively to young players and lower ability games, to allow play to flow, and maximise player enjoyment and development.

- Major rules and penalties
- Use of the whistle
- Umpire signals, communication and positioning
- Applying advantage
- Effective umpiring at school levels
- Scoring the match
- Prioritising at different age groups
- Interpreting difficult situations



1 PLACE **£89** 2 PLACES **£139** 3 PLACES **£219**

Course runs 1pm – 3.30pm. Prices include refreshments and resources. All prices exclude VAT.

Camilla Buchanan is currently the Head Coach of Super League London Mavericks. Camilla is considered a Mavericks legend after being with the club since 2008, winning the Super League in 2011 and also captaining the side. Her superb Super League form saw her capped for England. Alongside her professional coaching role, Camilla is also a Sky Sports pundit and commentator for Super League Netball matches.



Netball Defence Masterclass

with **Tamsin Greenway**,
Director of Netball, London Mavericks

Friday 15 November Reading Blue Coat School, Berkshire
Friday 7 February 2025 James Allen's Girls' School, London

This course prepares teachers to confidently coach modern individual and team defence. It is intended for coaches with some knowledge of the game, who wish to improve their understanding of all aspects of Netball defence. It will also provide practices to develop the ability of players to win back the ball in the rear third, and to adopt a range of defensive strategies. These will be applicable to all ages and abilities of players, making the course especially suitable for coaches and teachers of the Under 11 to Under 15 age range.

- The vital significance of the end third
- Fundamental defensive skills
- Common defensive structures
- Individual skills for effective defence
- Team movement patterns
- Creating turnover ball through unit cohesiveness
- Building effective defence at all levels of the game



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Tamsin Greenway is the current Director of Netball at Super League franchise, London Mavericks. She was previously the Head Coach of the Scotland National Netball team, leading the team at the 2023 World Cup. In a distinguished playing career, she was a member of the England teams that won bronze medals at the 2010 Commonwealth Games and at the 2011 and 2015 Netball World Cups. Between 2006 and 2018 she played in eight Netball Super League grand finals for three different teams – Team Bath, Surrey Storm and Wasps. During this time she won six Netball Super League titles as a player and/or coach. She has additional experience in the ANZ Championship with Queensland Firebirds. Tamsin works with Sky Sports, and won the 'Pundit of the Year' award at the 2023 Broadcast Sport Awards.



Beginners' Rugby Coaching and Refereeing (15-a-side)

with Dan Cottrell

Tuesday 15 October Abingdon School, Oxford
Wednesday 13 November Reigate Grammar School, Surrey

Coaching and refereeing school Rugby has become more demanding in recent years. The need to ensure safety has never been more prominent, and research reveals that coach education is a major factor in injury reduction. This is a course for teachers and coaches involved in delivering 15-a-side Rugby coaching, and refereeing matches and practices. It will also provide a refresher for teachers adjusting their coaching to accommodate new tackle laws. It focuses on the practicalities of organising a coaching session, and introduces a range of techniques and ways to practise them. The emphasis is on modern techniques and simple, imaginative practices.

The afternoon is devoted to refereeing the game at school level. This focuses not only on the basic laws, but also the practicalities for the school referee of creating a safe and even contest and using specific methods of communication to ensure that the match day experience is safe and enjoyable for all involved.

COACHING

- Understanding and coaching core skills
- Building the skill set for young players
- Implications of new tackle laws
- The contact area and ways to practise it
- Creating a basic backline
- Safe scrummaging

REFEREEING

- Applying the law in school matches
- Ensuring safe procedures at scrum and ruck
- Refereeing the new tackle law
- Managing the game through communication
- When and why to blow the whistle – and when not to
- Coping with the mismatch
- Dealing with parents on the touchline



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Beginners Rugby Sevens for Under 12 and Under 13

NEW

with Dan Cottrell

Friday 24 January 2025 Gordon's School, Surrey

There are more Sevens Tournaments at younger age groups than ever before. Many Rugby coaches who have never previously been involved in this game and being required to coach it. There is always limited time to prepare for these tournaments. This course acknowledges the realities of this situation, and focuses on developing a style of Sevens play which is adaptable to each team's strengths. This includes a defensive system that is easy for players to understand, as well as opportunities to exploit advantages in attack.

- What does good school sevens look like at Under 12 and Under 13?
- Creating a system for a small team, a slower team and a team with speedsters
- Reimagining the breakdown
- Develop a defence in two sessions with two 15-minute activities
- Risk and reward: make offloading a positive not a default
- Maximising the first phase
- Managing tournament play



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

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National Conference for Heads of Rugby in Schools

In collaboration with RFU

Monday 11 November
Allianz Stadium (formerly Twickenham), West London

This year's Conference will be held at the Allianz Stadium, in collaboration with RFU. Support from the Union enables the event to be offered at less than half the price of previous years, with the aim to make it accessible to Heads of Rugby in schools of all types.



The Conference is also pleased to welcome Steve Grainger, the RFU Executive Director of Rugby Development. It is the first attendance of such senior staff, and a reflection of the Union's support for the future of Rugby in schools.

PROGRAMME

- The RFU and Schools' Rugby**
Steve Grainger MBE, *RFU Executive Director of Rugby Development*
- Leading Rugby in HMC Schools**
Guy Ayling, *HMC Rugby Lead, Headmaster Mount Kelly*
- Why Kids Should Play Rugby**
Maggie Alphonsi MBE, *World Cup Winner*
- Communicating the Benefit: Let's Get Behind School Rugby**
Neil Rollings, *PADSIS*
- Making Rugby a Force for Good in Schools**
Steffan Griffiths, *Vice-Chair HMC Sport Committee, Headmaster Norwich School*
- Inter-school Matches: Trends, Regulations and Recommendations**
Mike Hart and Mark Saltmarsh, *RFU*
- National Competitions Update and Changes**
Hugo Corbett, *Chair, ERFUSU Competitions Committee*
Andy Higgins, *Tournament Director, Rosslyn Park Sevens*



DISCOUNTED PRICE £99

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Coaching and Refereeing Age Grade Rugby (Under 9 to Under 12)

with Dan Cottrell

Thursday 14 November Esher Rugby Club, Surrey
Tuesday 19 November Wycliffe School, Gloucestershire

This is a specialist course for teachers in the prep sector, who are involved in coaching Age Grade Rugby from the introduction of contact skills, through to the Under 12 game. It will explain how these Rules develop at each age group, and the implications for refereeing school matches at various stages. There will also be a focus on coaching the game in the school setting, to enable players of all ages and abilities to overcome apprehension and learn to enjoy developing skill and evasion. It will also encourage teachers to be confident that they are delivering the game safely, with an emphasis on contemporary coaching of the new tackle laws, contact area and scrum.

- Understanding the developmental framework
- Clarifying the Rules at each age group
- Coaching core skills to young players
- Focusing on skill and evasion
- Building confidence in contact
- Addressing the safety issues: tackle, scrum and ruck
- Refereeing school matches to enhance continuity and enjoyment
- Establishing a positive match environment



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

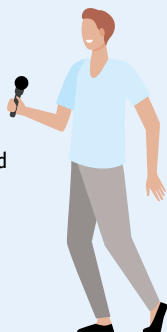
Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Want a Celebrity Speaker?

If you are looking for a high profile sports person for a dinner, awards celebration, Masterclass or any other appearance or talk, please get in touch. We have a range of current and former players and coaches, who are experienced in working with schools, to suit all budgets



CONTACT DAN SCARGILL
dan@ice-education.co.uk
015395 60060



Intermediate Rugby Coaching in Schools

with Dan Cottrell

Friday 11 October Uppingham School, Leicestershire

This is a course for school coaches who have some experience of the game, and wish to modernise their sessions. It will also enable them to be confident that they are presenting the contact areas in line with current expectations, contemporary techniques and relevant safety standards. It will provide a range of content to improve individual and unit skills, make sessions more engaging and ensure teams are as effective as they can be.

- Building better skill foundations to create stronger teams
- Using skills audit to plan the programme
- Developing a tackle curriculum
- Easy to implement drills, activities and games that fit into any programme
- Stretching the better players
- Contact rugby scenarios that are safe and effective
- Incorporating meaningful kicking



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Dan Cottrell is Editor of Rugby Coach Weekly, established in 2003 and still the largest rugby coaching website and newsletter in the world. He is currently rugby performance coach in a school, head coach of Bristol Schools U18s, and coach with the Bristol Bears Academy. He was Director of Rugby at Cranleigh School, assistant coach for Wales Women, Ospreys U16s, and head of Swansea Schools U15s. He played rugby for Bath and Bristol.

Introducing and Coaching Girls' Rugby

with Dan Cottrell

Friday 8 November Uppingham School, Leicestershire

Girls' Rugby is a fast-growing game in the schools' sector. This course is intended for male and female coaches who are introducing Rugby to girls, or involved in running girls' teams in schools. It emphasises the challenges in presenting the game to girls, and how these may differ from coaching the boys' game. The course illustrates ways to build a strong and supportive environment for players: it considers the starting plan and the importance of the early sessions. It looks at the ways to establish a successful programme, which includes inter-school competition. Although the laws of the game are the same, its character can be very different for girls. The course will suggest coaching priorities, with lots of practical examples, drills, games and fun activities.

- Creating the right buzz to build a girls' team
- Develop a starting plan
- Planning the first few weeks
- Establishing a successful girls' Rugby programme
- A unique approach
- Catch and pass reimagined
- Teaching tackling to build confidence
- Kicking and general game understanding
- Addressing the safety issues in girls' Rugby



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.





Refereeing Age Grade School Rugby

NEW

A half day introduction and refresher for referees of school matches up to Under 13

with Dan Cottrell

Thursday 7 November Esher Rugby Club, Surrey

This half-day course is aimed at teachers who have to referee their own teams or other matches within their school. It will clarify Rules at each year group, but also illustrate the vital role of the referee in maintaining a safe environment and allowing a free-flowing game. Particular attention will be paid to the contact areas and the management of parents on the touchline.

- Understanding the developmental Rules framework
- Managing the contact areas safely and confidently
- Refereeing the scrum at all levels
- Exploiting communication and advantage
- Tackle and rucks: use the laws and NROP to create a safe and flowing game
- Referee presence: voice/whistle/body language/signals
- Managing the game, the players and the parents



1 PLACE **£89** 2 PLACES **£139** 3 PLACES **£219**

Course runs 1pm – 3.30pm. Prices include refreshments and resources. All prices exclude VAT.

National Prep Schools' Rugby Conference

In collaboration with RFU



Thursday 10 October
Abingdon School, Oxford

Rugby remains the game that the great majority of prep schools play. The landscape is shifting, however: although there are still many children and parents who love the game as much as ever, there is a growing number that require reassurance. This year's National Conference (delivered in collaboration with RFU) will address what prep schools can do to ensure that they are maintaining a game which is exciting and minimises risk.

PROGRAMME

- **Working with your Head to Deliver a Modern Rugby Programme**
Bill Toleman,
Headmaster, Bishop's Stortford College Prep School
- **Fulfilling the Pledge: Delivering Rugby in a safe, inclusive and player-centred way**
Mike Hart, *RFU Schools and Colleges Manager*
- **Discussion Forum: Issues in Contemporary Prep School Sport**
- **Getting the Parent Communications Right**
Neil Rollings, *PADSIS*
- **Leading a Whole-School Refereeing and Touchline Behaviour Strategy**
Rowan Kitt, *International Match Official*
- **RFU Recommended Tackle Safety: A safe strategy for developing contact confidence**
RFU Coach Education Team
- **RFU Skills Curriculum**
RFU Coach Education Team



1 PLACE **£179** 2 PLACES **£279**

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Rugby Sevens Masterclass

NEW

with Mike Friday, former USA Head Coach

Thursday 30 January 2025 Bloxham School, Oxford

This is a course for experienced coaches of school Sevens, who seek to maintain an awareness of what is happening at the top level of the international game. It will be extensively illustrated by video of the world's top teams, with analysis of what is currently effective and how teams develop these styles of play. It will explain contemporary strategies and modern training methods and explore how these can be adopted and adapted to make school teams more effective.

- Understanding the shape of the modern game
- Building individual and team goals
- Fundamental skills: basics done well, under pressure
- Analysing varying styles of attacking play
- The significance of the first phase
- Coaching different defensive systems
- Training for Sevens success
- Tournament management



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Mike Friday was the Head Coach of USA Eagles for ten years from 2014 to 2024. This includes three Olympic Games, most recently in Paris. He made them a core team in the World Rugby Sevens Series, finishing 2nd in 2019. He had previously led England to victory in the Hong Kong sevens, Commonwealth Games silver medal and World Series second place. During his short tenure as Head Coach of Kenya, they achieved an unprecedented 5th place in the world and a World series final. He is described by 'The Guardian' as "a professor of the shortened game".





Coaching Lower Ability Rugby with Dan Cottrell

Thursday 21 November Newbury Rugby Club, Berkshire

Lower ability Rugby groups within modern school programmes have a much changed experience from previous years. A combination of game types, ranging from Touch to reduced contact formats are all part of this offer. This is a specialist course for teachers who coach the game to younger and less able players. Often these players will have mixed levels of enthusiasm, and a nervousness about contact. Teachers can also be inexperienced and face a challenge to make the game enjoyable and engaging throughout a long term. The course seeks to equip new coaches with the confidence that they can make their sessions safe, contemporary and fun.

- Ensuring a positive Rugby experience for all
- Overcoming apprehension and reluctance
- Simple rules for early term practices
- Presenting essential session content in an engaging way
- Different game formats: T1, full contact and the Third Game
- Fun ways to teach tackling, rucking scrums and passing
- Planning great sessions



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

We are pleased to be partnering with MT13 in the delivery of this term's Hockey courses.



Coaching 7-a-Side Hockey with Matt Taylor

Tuesday 12 November Wycliffe School, Gloucestershire
Thursday 14 November Southgate Hockey Club, London

The 7-a-side Hockey game, played at Under 13 and below, provides an introduction to the game for most young players. This is the stage at which a sound foundation of basic skills and game understanding is established. Although many of the techniques are similar to the full game, the tactical implications of a smaller pitch demand an alternative approach. The abbreviated game also allows opportunities to introduce tactical dimensions that will continue into the 11 a side game, such as strategies for long corners, hits around the circle and the self pass.

- Developing core skills
- 1v1 elimination skills
- Passing on the reverse and the open stick
- Free Hits & Long Corner rule
- Outletting from 16-yard hits
- Penalty Corners attack and defence
- Making the most of the self pass
- Formations for the 7-a-side game
- Games based practices



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

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Advertise your vacancies to 15,000 PE teachers and sports coaches on UK's only platform dedicated to the recruitment of staff for school sport

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IN SPORT**
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Hockey Coaching and Umpiring for Beginners

with Matt Taylor

Thursday 26 September Uppingham School, Leicestershire
Thursday 7 November Reigate Grammar, Surrey
Monday 18 November Bloxham School, Oxford
Thursday 30 January 2025 Gordon's School, Surrey

This long-running course is aimed at teachers who are new to coaching and umpiring hockey, or who have not been involved in the school game for a few years. It provides an introduction to modern coaching techniques, as well as tactical considerations for team play. Coaches will become confident that they can develop individual players, in addition to preparing school teams for competition. Ten conditioned, training games are introduced, along with guidance on structuring school sessions for both the 7 and 11 a-side versions of the game.

The umpiring content enables teachers to become confident to officiate in school games, typically at lower age and ability levels. The course includes everything for the novice coach to make a positive contribution to school Hockey.

COACHING

- Understanding modern Hockey
- Making Hockey fun
- Basic practices for core skills
- Developing key technical skills for inexperienced hockey players
- Conditioned Games to enhance tactical understanding
- Develop the principles of the Self Pass
- Formations and Set Pieces for the 7 aside and 11 aside format of the game
- 5 structured session plans

UMPIRING

- An overview of all significant rules
- Sympathetic officiating of lower age and ability levels
- The differences between umpiring 7 aside and 11 aside format of the game
- Playing advantage in junior Hockey
- Communicating with players and spectators



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Intermediate Hockey Coaching

NEW

with Matt Taylor

Friday 4 October Uppingham School, Leicestershire

Friday 22 November Charterhouse School, Surrey

This is a new course, aimed at school coaches who have a good understanding of the basics and are now seeking to improve their knowledge of the most modern dimensions of the game. The course will present both the technical skills which players require to implement contemporary strategies and the tactics that enhance team play. There will be a combination of practical work and video illustration to provide participants with skills, new practices and improved understanding of modern Hockey.

TECHNICAL SKILLS

- Developing the Aerial Ball from both prospective; playing it and receiving it
- Effective delivery of the Reverse Stick Hit
- Penalty Corner Attacking Skills
- Creating a 'flowing' game
- The art of defending – who wins the ball and how

TACTICAL CONSIDERATIONS

- Different formations and why would you use them
- Key considerations of each position
- PC Attack Routines
- PC Defence Routines
- Different Pressing Systems and why you would implement them



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Umpiring School Hockey

with Matt Taylor

Wednesday 13 November Southgate Hockey Club, London

Wednesday 22 January 2025 Bloxham School, Oxford

This course is aimed at teachers and coaches who are required to umpire school games at U11 to U-15 age groups. It seeks to provide them with knowledge both of the rules and also of their practical application in a school setting. There will be extensive video illustration, to ensure that participants can be confident of their capacity to officiate matches.

- Basic rules, and how to apply them in a school context
- Maximising advantage
- Applying the foot rule
- Officiating the penalty corner
- Increasing continuity and enjoyment through communication
- Differences between 7 and 11-a-side school Hockey



1 PLACE **£89** 2 PLACES **£139** 3 PLACES **£219**

Course runs 1pm – 3.30pm. Prices include refreshments and resources. All prices exclude VAT.

Matt Taylor is the current Head Coach of Nottingham University, who won the BUCS championships in 2014-15, 2021-22, 2022-23 and 2023-24. He was previously head coach of Beeston HC in the Men's Premier Division, winning three championships between 2010 and 2014. As a player, Matt won seven Championship titles with Cannock HC.



Improving the Best Players

NEW

with Matt Taylor

Friday 8 November Gordon's School, Surrey

Many schools have players who are already competing in a Talent Academy environment. Stretching and improving these players within the school environment can be challenging. This is a new course to enable teachers to more effectively coach the best players, and to become confident that their practices and techniques are consistent with the coaching that will occur within talent pathways. It will also illustrate how these players can best be deployed to make maximum impact on school teams.

TECHNICAL SKILL DEVELOPMENTS

- Developing the individual
- Modern Technical Skills required to thrive at the top level
- Penalty Corner Skills in Attack and Defence
- Consistency with the Talent Pathway

KEY TACTICAL CONSIDERATIONS

- Defending; when to commit multiple players to the ball
- Using 'key' players in effective outlet situations
- Positioning 'key' players in the transition moment to ensure optimum effectiveness
- Applying attacking principles to maximise the super strengths the best attacking players

PHYSICAL CONSIDERATIONS

- Physical Assessments which are completely tailored to specific positions and how to enhance a players ability to be effective in that position



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

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**EXTRA
10%
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*Early Bird Discount does not apply to British Gymnastics and Trampoline courses

National Conference for Heads of Physical Education



Thursday 6 February 2025
Leonardo Royal Hotel, Oxford

PROGRAMME

- **Implications for PE of the DfE Curriculum and Assessment Review**
Will Swaithes, *PE Scholar*
- **The Future of PE and School Sport**
Neil Rollings, *PADSIS*
- **Discussion Forum: Issues in Contemporary PE**
- **High Quality Teaching in GCSE PE**
Will Swaithes
- **Unconscious Bias, Behaviour Management and Lesson Observation Skills**
Phil Cocks
- **Using PE lessons to Build a Culture of Health, Fitness and Wellbeing**
Neil Rollings
- **High quality teaching of vocational sport courses**
Will Swaithes
- **Creating a successful PE culture**
Phil Cocks
- **The Character Curriculum: Developing people through PE**
Neil Rollings



1 PLACE £219 2 PLACES £349 3 PLACES £449

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

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Successful Games Teaching in Key Stages 1 and 2

Monday 14 October Bishop's Stortford College, Hertfordshire

This is a course for both specialist and non-specialist teachers who are involved in delivering games education at Key Stages 1 and 2. Teaching games has historically put the focus on developing basic physical skills whilst hoping that children will almost “absorb” tactical awareness. Research shows us that is not the case. Tactics should be “taught not caught.”

This course will enable teachers to analyse and develop the physical and decision making skills essential for enjoyable and effective engagement in games, in a developmentally appropriate way. It will enable a re-evaluation of games teaching, ensuring all the essential building blocks are in place to help younger students achieve.

- The physical and decision making skills involved in different types of games
- Fundamental Movement Skills
- Pedagogical approaches to the teaching of games
- STEP Principles to adapt games to include and challenge all students



1 PLACE £219 2 PLACES £349 3 PLACES £449

Course runs 1pm – 3.30pm. Prices include refreshments and resources. All prices exclude VAT.

Lesley Minervini Lesley Minervini has over 25 years of experience working in education, and has worked with teachers throughout the world. She has authored many resources and courses including – Start to Move cards, Healthy Movers Take Home Pack, Purposeful Playtimes and PE Underpinning Achievement. She is the tutor trainer for British Athletics officials and officiates in Athletics around the world.



Conference of PE in Early Years and Key Stages 1 and 2

Tuesday 18 March 2025
Dragon School, Oxford

This Conference will bring together experts in the field of PE through the Early Years, Key Stage One and Two age groups. It will present a range of topics, from which delegates can choose to suit their requirements. Sessions will combine evidence-based theory and practice to show how teachers of these stages can present innovative and creative material that will enable pupils of all ages and abilities to progress and thrive.



1 PLACE £219 2 PLACES £349 3 PLACES £449

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

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British Gymnastics Courses for Teachers

These Awards are the recognised qualifications required to teach Gymnastics in schools. They are certificated by British Gymnastics.

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British Gymnastics
 More than a sport

Introductory Level: Teaching Gymnastics to Key Stage Two (7–11 year olds)

with Gary Kirby

Tuesday 19 November Guildford Spectrum, Surrey
Wednesday 26 February 2025 Guildford Spectrum, Surrey
Monday 24 March Longridge Gymnastics Club, Preston
Wednesday 21 May Guildford Spectrum, Surrey

This is a one-day course, which is a practical introduction to teaching Gymnastics. It is designed for teachers working with children at Key Stage Two. The course is certified by British Gymnastics, as Introductory Level Gymnastics. It is regarded as the required qualification for teaching Gymnastics to primary age pupils. No previous experience is required. It is suitable for both specialist and non-specialists. For those with experience of teaching Gymnastics, the 2-day Intermediate course is advised.

- Introduction: Warm up and Shapes
- Connection Skills: stepping, spinning, jumps, turns, leaps and cartwheel
- Rolling Skills: log, egg, side, forward, backward, teddy bear
- Balance: points and patches, including headstand and handstand
- Hand apparatus: hoops, balls and ropes
- Partner Balances: working with partner and small groups



1 PLACE **£219**

Course runs 9.30am – 4.00pm. Includes British Gymnastics resource pack and certification, plus catering. All prices exclude VAT.

Gary Kirby holds an International Performance Coaches' Licence, and has coached medallists in both Olympic Games and World Championships. He was also one of Britain's leading Gymnastics judges, having officiated at Olympic Games, World and European Championships and Commonwealth Games. He trained teachers to deliver gymnastics on PGCE and QTS courses at Liverpool John Moores University for over 12 years, and is one of the British Gymnastics's most experienced coach educators.



Intermediate Primary Level: Skills for Primary Schools

with Gary Kirby

Thursday 7 and Friday 8 November Guildford Spectrum, Surrey

NEW

This two day course will qualify teachers to deliver Gymnastics within a primary school environment, and deliver more advanced skills at Key Stage Two. It is recognised by insurers and academy chains as the relevant qualification for teaching gymnastics, within and beyond the curriculum. It is suitable for teachers and teaching assistants who hold a QTS or formal qualification, or for individuals working towards these qualifications.

- Floor skills
- Basic Vaulting
- Acrobatic/rhythmic/aerobic gymnastics
- Developing the foundation skills required to teach set moves
- Incorporating apparatus and sequencing into lessons
- Understanding effective body management
- Fault identification and correction
- Setting up a club (including school/club links)



2 DAY COURSE **£375**

Course runs 9.30am – 4pm each day. Price includes catering, British Gymnastics resources and certification. All prices exclude VAT.
Note that a 50% deposit is payable on booking of a two day Gymnastics course, and 4 weeks' notice is required for cancellation.

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Intermediate Secondary Level: Skills for Secondary Schools

with Gary Kirby

Wed 20 & Thu 21 November Guildford Spectrum, Surrey
Thu 27 & Fri 28 February 2025 Guildford Spectrum, Surrey
Tue 25 & Wed 26 March Longridge Gymnastics Club, Preston
Thu 22 & Fri 23 May Guildford Spectrum, Surrey

This course qualifies secondary teachers to teach gymnastics skills appropriate for Key Stages 3 and 4. Basic movements are developed into gymnastic skills on the floor and apparatus, with a constant emphasis on safe practice. This is suitable for teachers delivering Gymnastics to GCSE.

It is a two-day course, accredited by British Gymnastics, and is available to teachers and teaching assistants who hold a QTS or formal qualification, or for individuals working towards these qualifications.

It meets all Local Authority, academy chain and insurance requirements for the teaching of gymnastics. All courses are delivered by British Gymnastics qualified and approved Tutors, and include the Governing Body's extensive resource pack.

- Body Management
- Basic floor skills (Part one)
- Basic floor skills (Part two)
- Flight (including rebound)
- Acrobatic gymnastics
- Partner/rhythmic gym
- General principles of support



2 DAY COURSE **£375**

Course runs 9.30am – 4pm each day. Price includes catering, British Gymnastics resources and certification. All prices exclude VAT.
Note that a 50% deposit is payable on booking of a two day Gymnastics course, and 4 weeks' notice is required for cancellation.

British Gymnastics Teachers' Award for Trampoline: Level One

with John Wotherspoon†, John Beer*

Wed 20 & Thu 21 November Guildford Spectrum, Surrey†
Mon 24 & Tue 25 February 2025 Guildford Spectrum, Surrey*

This Award is accepted as the industry standard qualification for teaching Trampoline in schools. It is available to teachers and teaching assistants who hold a QTS or formal qualification, or for individuals working towards these qualifications. Completion of the Award is widely recognised as qualification to teach the relevant skills in schools. Level One qualifies teachers to handle trampolines safely, and to teach basic skills up to, but excluding, somersaults. All courses are delivered by British Gymnastics qualified and approved Tutors and include certification and the Governing Body's extensive resource pack.

- Programme
- Safe handling of trampolines
- Safe coaching practices
- Principles of jump, rotation, twist and shape
- Jumping, stopping and shaped jumps
- Half and full twist
- Seat, hand and knees landings
- Twisting skills
- Half twist to front, back feet and seat landings
- Swivel hips
- Linking skills



2 DAY COURSE **£375**

Course runs 9.30am – 4pm each day. Price includes catering, British Gymnastics resources and certification. All prices exclude VAT.

Note that a 50% deposit is payable on booking of a two day Trampoline course, and 4 weeks' notice is required for cancellation.



British Gymnastics Teachers' Award for Trampoline: Level Two

NEW

with John Wotherspoon

Thu 28 and Fri 29 November Guildford Spectrum, Surrey

The Level 2 course is only available to holders of the Level 1 Award. It includes more complex skills, notably various forms of somersaults. This Award is recognised as qualifying teachers to teach somersaults, and the moves required for both competitions and top GCSE practical grades. Suitable for teachers of Key Stages 3, 4 and 5.

- Revision of Safety and Code of Practice
- Build up skills to front somersault including piked shape
- Build up work for back somersaults including piked and straight shapes
- Shaped body landings
- Aerial twisting
- Full twisting to and from body landings
- Cradle, cat twist and half turntable
- Mechanics
- Competitions, routine construction and tariffing of skills



2 DAY COURSE **£375**

Course runs 9.30am – 4pm each day. Price includes catering, British Gymnastics resources and certification. All prices exclude VAT.

Note that a 50% deposit is payable on booking of a two day Trampoline course, and 4 weeks' notice is required for cancellation.

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John Beer was formerly Technical Director of British Gymnastics, National Trampoline Coach, and Great Britain coach at three Olympic Games. He was an International trampolinist before taking up a coaching career which produced two World and European Individual & Synchronised Champions. He is one of British Gymnastics's most experienced course tutors .



British Gymnastics Teachers Trampoline Refresher Award

NEW

with John Beer

Monday 14 October Guildford Spectrum, Surrey

British Gymnastics recommends that qualified coaches undertake a refresher course every three years. Many insurers, academy chains and Local Authorities require this. The refresher is a one day course reinforcing current best practice. It is only available to participants who work in school environments and have already achieved one of the following qualifications: Teachers' Trampoline Part 1 or Part 2, Level 2 Trampoline Certificate or British Trampoline Federation qualification.

- Safety and Code of Practice including unfolding/folding trampolines
- Warm up
- Basic kipping technique
- Body landings
- Shaped and twisting jumps
- Basic combinations
- Half twist to and from body landings
- Swivel hips and roller
- Simple sequence construction
- British Gymnastics proficiency award scheme
- Mechanics
- Build up skills to forwards somersault including piked shape
- Build up work for backwards somersaults including piked and straight shapes
- Shaped body landings
- Aerial twisting
- Full twisting to and from body landings
- Cradle, cat twist and half turntable
- Competitions, routine construction and tariffing of skills



1 PLACE **£219**

Course runs 9.30am – 4.00pm. Includes British Gymnastics resource pack and certification, plus lunch and refreshments. All prices exclude VAT.

John Wotherspoon is a British Gymnastics High Performance Coach with over 40 years' experience coaching to National and International Level. He is a British Gymnastics tutor and assessor with 30 years experience. He is a former Physical Education Teacher, Headteacher and Assistant Director of Education for a London Authority.



Coaching Swimming In Schools

with Joe Roebuck OLY and Amy Smith OLY

Thursday 23 January 2025 Berkhamsted School, Hertfordshire

This is a course for teachers of curriculum Swimming lessons who wish to update their subject knowledge and make lessons more relevant, varied and effective. It will present extensive analysis of each stroke, showing skill progressions and common mistakes. Teachers will be equipped to better understand effective techniques, diagnose faults and provide corrective practices. It is also appropriate for coaches of school swimming teams, who are aspiring to improve the techniques of their swimmers. Joe and Amy will conduct all courses in partnership, ensuring a constant and unique combination of demonstration and poolside explanation.

- Basic aquatic skills
- Improving starts (from poolside and blocks)
- Technique of the major strokes
- Progressive teaching of turns and tumble turns
- Practices to ensure student progress
- Swimming in competition
- Effective content for swimming lessons
- Benefits of swimming aids
- Analysing and correcting faults



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Amy Smith competed in the 2012 London Olympics in the 50m freestyle. She has competed in three Commonwealth Games, winning silver medals in each. She is European Championships Gold medalist and World Championships finalist.



Joe Roebuck competed in three events in the 2012 London Olympics. He competed in the Commonwealth Games of Delhi and Glasgow, winning two Silver medals. He is a ten time British champion, and holds both British and Commonwealth records.



Introducing Children to Swimming: From non swimmer to 25m

with David Rayner

Tuesday 19 November Farleigh School, Hampshire
 Tuesday 28 January 2025 Bishop's Stortford College, Herts
 Tuesday 29 April Dragon School, Oxford

This is a course for teachers introducing Swimming to children, and guiding them through their journey from non-swimmer to aquatic competency. It will combine practical and theoretical work to ensure that teachers are confident of the effectiveness and relevance of their lesson content. Participants will be introduced to the necessary tools, knowledge and skills to become proficient swimming teachers, in line with Swim England's current best practice.



- Understanding Swim England's 'Learn to Swim' programme
- Use of swimming equipment for enhanced teaching outcomes
- Fundamental movement skills to engage learners
- Master lesson planning techniques and effective pool communication skills
- Strategies to overcome children's hesitancy
- Maintaining effective teaching practices throughout all stages of the Learn to Swim Programme Progressive practices and activities
- Teaching core aquatic abilities
- Introducing basic swimming strokes



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

David Rayner is a Technical Aquatics Manager within Swim England's Learn to Swim Team. He has been closely involved in creating the approach, programme and resources to guide a modern, nationwide approach to the teaching of Swimming. In addition to this role, he remains actively engaged as a swimming tutor, delivering courses and workshops to Swimming teachers and coaches at all levels.



National Conference for Leaders of Golf in Schools

NEW

Monday 18 November
 The Oxfordshire Golf Resort

Participation in golf has expanded significantly in recent years, among both boys and girls. This growth has been increased and enabled by a more flexible approach to games programmes, allowing students greater freedom in choosing their sports. As a result, leaders of Golf in schools have experienced a rising interest in the sport, and increasing demand to both learn and play the game. This positive trend can also present challenges for schools to adapt sports provision to accommodate the increased demand. Some schools have made golf a central component of their competitive aspirations. This conference aims to unite key stakeholders from independent schools to envision the future of golf in education. It will explore how schools can enhance provision to meet specific needs and develop pathways for their most talented players.

PROGRAMME

- **The Landscape of School Golf**
 Paul Askew, *ICE Education*
- **Golf Foundation Update: 'Unleash your Drive' initiative and Foundation opportunities for schools**
 Martin Crowder, *Head of Development*
- **England Schools Golf Association. Current priorities and pathways to representative golf**
 John Barker, *Secretary ESGA*
- **The Competition Landscape**
- **Case Study: Starting and Developing a School Golf Programme**
 Jack Cropper, *formerly Director of Sport, Rossall School*
- **'The Mind Factor' Training the Young Golf Brain**
 Karl Morris, *The Mind Factor. Performance Golf Coach and Consultant to PGA*
- **The Way Forward: Discussion Forum on the future of schools' golf**



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

TENNIS

Coaching School Tennis

with Dan Bloxham†, Emma Wells*

Tuesday 11 March 2025 White Horse Tennis Centre, Abingdon*
Monday 29 April Sutton Tennis Centre†

This course is suitable for teachers with little experience of delivering Tennis sessions, who wish to embrace new approaches to enliven sessions and improve student performance and engagement. It is also appropriate for PE teachers seeking to improve and modernise lesson content. Content will include details of modern techniques, imaginative practices as well as doubles tactics for school tennis.



- Modern tennis techniques
- Practices, drills and games to improve performance
- Effective teaching of the serve
- Managing large groups
- Small sided games for tennis
- Advanced techniques for improving players
- Tactics and strategies for doubles play



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Dan Bloxham is the Head Coach of the All England Club at Wimbledon. He is Licensed LTA Level 5 coach. He also delivers the Wimbledon Junior Tennis Initiative, leading the Performance dimension of this programme. This involves the provision of elite coaching, analysis and performance support. Dan is a Sports Ambassador for HSBC along with Tim Henman, and is the author of several coaching books.



Emma Wells is the Head of Coach Education for the Professional Tennis Registry, and she is the first female to hold this international director position. She is an experienced tutor and trainer for the LTA and PTR. She has worked closely with the LTA in developing the ‘Tennis For Kids’ programme from 2015-18 as well as managing the implementation of other LTA initiatives. She runs a Tennis Coaching Centre in South West London.



BADMINTON

Inspiring Badminton Teaching and Coaching

with Gail Emms MBE

Monday 18 November Surrey Sports Park, Guildford

Badminton is a sport played in most schools, but one in which lessons can become predictable, uninspiring and repetitive. This is a course for teachers and coaches who want to reinvigorate their sessions with exciting, contemporary content. Gail Emms is one of Britain’s leading Badminton players of recent times, and will present the most modern skills and strategies, and show how these can be adopted by teachers in schools. Stimulating practices will provide a range of content suitable for all schools, including those with limited court space. Tactics for match play will also be introduced, making the course appropriate for those who coach school teams. It contains all content necessary to achieve top bands in GCSE.

- Modern Badminton techniques
- Defending and attacking strokes
- Skills and drills working on footwork
- Serving with purpose
- Utilising the whole court
- Small sided games and practices for large groups
- Doubles tactics and match play
- Up to date rules and tactics



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Gail Emms had a 13 year international career as a Badminton player, appearing for England 68 times. She was a double Olympian, winning a silver medal in Athens in 2004. She also won gold medals in World Championships, European Championships and Commonwealth Games, retiring from international Badminton after the Beijing Olympics. She was eleven times English National Champion, in mixed and ladies doubles, and was ranked Number One in the world in 2005. She was awarded the MBE for services to Badminton in 2009.



FUTSAL

**Beginners Futsal Coaching**

with Mark Simmons

NEW**Thursday 16 January 2025** Surrey Sports Park, Guildford

Futsal has a growing place within schools. It has a number of functions, providing an introduction to football that is suitable for limited space and large groups. It is also a competitive game in its own right, as well as being a GCSE option which can enable inexperienced footballers to access higher grades. This course will provide an extensive introduction to the game, its skills, tactics and possibilities within schools, to enable teachers to include it within their games programme.

- Making Futsal accessible for all pupils
- Managing large groups with appropriate differentiation
- Using a range of equipment
- Guidance on GCSE Practical assessments
- Futsal as a football development tool
- Preparing teams for competition
- Integrating Futsal within the school sport experience



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Mark Simmons represented England in the Kuala Lumpur Fustal World Cup in 2003 and Captained Great Britain in the World University Games in Palma Spain in 2004. He is a Futsal Tutor, mentor and resource creator for the FA, and is Director Football/Futsal at Royal Russell School. He was previously Director of Sport at Wilson’s Grammar School where he introduced futsal into the curriculum for local schools. He has written resources to support delivery in schools commissioned by the FA and written CPD resources used throughout the country.



Introducing Girls' Football with Lauren McMurchie

Thursday 7 November ACS International School, Cobham

Girls' Football is one of the fastest growing sports in schools, with more than 60% of secondary schools already involved in inter-school fixtures. This course is designed to equip participants with the relevant knowledge and strategies to deliver football programmes and sessions tailored to the needs of female players. With a mix of theory and practical elements the course will focus on inclusivity and skill development. Participants will explore the best practices for coaching female players and how to overcome common challenges faced in promoting girls' participation in football.

- Skill development
- Warm up games and activities to prepare and support physical robustness
- How to foster a positive environment with healthy competition
- How to increase mental resilience and inclusivity



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Lauren McMurchie currently plays for Nottingham Forest FC in the FA Women's National League. She previously played for Glasgow City, winning the Scottish Women's Premier League 10 times and competing in the UEFA Women's Champions League. She has worked on Sport England's "This Girl Can campaign", a number of projects for adidas and community initiatives with Premier League clubs, such as Aston Villa FC.



*Early Bird Discount does not apply to British Gymnastics and Trampoline courses



Beginners Football Coaching for Schools with Andy Blight

NEW

Monday 11 November Gordon's School, Surrey

Football – for boys and girls – is one of the fastest growing games in schools. Many teachers who have never coached this sport previously are now being required to do so. There are more school teams than ever. This course is designed for those teachers with an interest in Football, but who are inexperienced in coaching a team. It will cover everything necessary to improve techniques and tactics to enable inexperienced coaches to approach the new season with confidence. Delivered through a combination of theory and practical, the course will enable understanding of how to keep young players engaged as well as how to plan training sessions and match day tactics.

- Coaching a school team
- Planning football sessions that are fun, effective and differentiated
- Practices to develop essential skills and techniques
- Small sided games for skill development
- Applying basic tactics
- Understanding formations and attacking principles
- Creating coherent defence
- Varying the delivery style
- Managing school matches



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Andy Blight is a UEFA A licence coach. He has extensive experience of coaching at all levels of the school game, and is a former manager of the England schools FA U18 team. He has worked extensively within the FA, as a coach educator and FA Talent ID tutor. He is an FA Talent ID scout for England schools' players.



Intermediate Football Coaching with Andy Blight

NEW

Tuesday, 12 November Bloxham School, Oxford

This part theory/practical course is designed for school Football coaches who are aiming to develop and update their coaching methodology. It is suitable for teachers with some experience of running school teams at the Under 12 – Under 15 level. It will include developing advanced skills, to challenge the more able players and enable them to become better technical footballers. Strategies and tactics for effective team play will also be presented, along with a methodology for managing school teams. This course is relevant to coaches of both girls and boys.

THEORY

- The role of a school coach
- Planning sessions and the season
- Formations and strategies
- Match day organisation

PRACTICAL

- Imaginative practices to develop key football skills: Passing, Dribbling, Running with the ball, Defending, Ball control, Heading
- Building patterns of support play
- Creating and exploiting space
- Team shape



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Planning INSET?

Whether you need a practical course to update staff on new techniques and approaches, a keynote speaker or a team builder to work with your sports staff to improve efficiency, we will be able to provide industry leaders to meet your needs.



CONTACT **DAN SCARGILL**
EMAIL dan@ice-education.co.uk TEL **015395 60060**



Cricket for Girls: Introduction to Softball Cricket

with Lydia Greenway OBE

Monday 17 March 2025 Heathfield School, Ascot
Thursday 8 May Bloxham School, Oxford

Girls' Cricket is one of the fastest growing games in schools. The majority of schools have now adopted it, often as the primary game of the summer term. More teachers are being required to teach, coach and umpire the game than ever before. This is a course for those people – men and women – who are developing inexperienced cricketers, through the soft ball game. Lydia Greenway's 'Cricket for Girls' programme is the longest established course for inexperienced coaches in schools. It requires no previous knowledge of the game, and will introduce all skills, game types and relevant rules to enable teachers to deliver exciting, fast moving sessions and prepare their players for school matches.

In association with
CRICKET FOR GIRLS

- Achieving a basic understanding of Cricket
- Adopting an engaging and exciting approach to the game
- Introducing and developing batting shots
- Bowling straight and effectively
- Fielding and wicket keeping
- Understanding fielding positions and tactics
- Become more familiar with the terminology used in Cricket
- A range of fun and engaging drills for pupils to practice the skills
- Different types of games for varying ages and abilities
- Run a pairs cricket match
- Umpiring and scoring a school match



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

National Conference for Heads of Cricket in Schools Spring 2025

Cricket for Girls: Making the Transition to Hardball

with Lydia Greenway OBE

Monday 24 March 2025 Berkhamsted School, Hertfordshire
Friday 2 May James Allen's Girls' School, South London

The hard ball game becomes relevant for boys and girls once a certain level of competence and confidence has been achieved with the soft ball. In many schools, the most enthusiastic girls play in hard ball teams. The course will equip teachers to manage the transition to more traditional forms of the game, and develop their players to be able to bat, bowl and field in this environment. It will enable a deeper understanding of all aspects of the game, including technical drills to help develop and challenge talented players.

In association with
CRICKET FOR GIRLS

- The transition from soft to hard ball cricket
- Bowling the hard ball
- Batting shots and practices
- Progressive batting drills and techniques
- Introduction to protective equipment
- Fielding positions
- Field settings for different types of bowling
- Introduction to running between the wickets
- Teaching and coaching environments, including net practices
- Ensuring safety in a hard ball environment
- Managing and officiating a school match



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Lydia Greenway was one of England's leading female cricketers. She made 225 appearances for England in all formats of the game, in a 13 year career. During this time, she played in five Ashes series and was a World Cup winner at both 50 overs and T20. She now coaches the elite women's game in the major franchise leagues, including Mumbai Indians and Sydney Sixers. A regular broadcaster, she commentates on the game for both Sky and BBC. Since retiring from playing, Lydia has founded and developed 'Cricket for Girls', which specialises in supporting schools and clubs in the development of the game for women and girls. She was awarded the OBE for Services to Cricket.



Cricket Coaching and Umpiring for Inexperienced Coaches

Making Cricket Exciting and Fun

with Richard Skyrme

Friday 14 March 2025 Dragon School, Oxford
Friday 21 March 2025 Uppingham School, Leicestershire
Wednesday 30 April 2025 Gordon's' School, Surrey

Coaching school Cricket has changed considerably in recent years. Dull and overly-technical teaching is no longer relevant. The game has become faster moving, and techniques have evolved. This is a course for those who have little or no recent experience of playing or coaching the game, and for teachers wishing to modernise their approach. It will enable them to present an exciting game to children, and one in which everyone can achieve success. It is particularly suitable for those teaching both younger and lower ability pupils. The course provides all necessary technical information, but also illustrates how this can be delivered in an engaging way through exciting, fast-paced sessions. Practices to make the game accessible to all are combined with more advanced ways of stretching the more able. It will also enable teachers to officiate confidently in school matches and practices.

- Making cricket exciting
- Engaging session starters
- Active batting practices
- Fielding techniques and games
- Building the bowling action
- Bowling variety: introducing spin, swing and seam
- Developing modern batting shots
- Small-sided games for cricket practice
- Understanding basic cricket strategy
- Imaginative net and square practices
- A simple guide to the laws of the game
- Practical umpiring in schools



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Richard Skyrme has taught and coached the game in schools for twenty five years. He was one of the first level 3 coaches in England. He is the Performance Director and Development Officer for Herefordshire, and Head Coach of the county's team.





Teaching Primary Curriculum Dance with Eve Murphy

Tuesday 26 November Berkhamsted School, Hertfordshire

Dance is often an area that teachers find challenging to teach. This course is a supportive, fun and engaging day that provides non-specialists with the knowledge, confidence and teaching ideas required to deliver a high quality Dance curriculum within PE lessons. It is also suitable for those leading extra-curricular clubs.

The emphasis of the course is on utilising modern, fun and creative approaches to Dance. This provides a vehicle for developing the whole child, through a focus on the physical, social, cognitive and emotional domains. It will be delivered through a combination of practical and theoretical work.

- National Curriculum requirements
- Dance content and purpose
- Structuring a Dance lesson
- Helping children create Dance ideas
- Developing ideas into lesson planning, and progressive schemes of work
- From schemes of work into practical delivery
- Create your own SOW ready for use in school



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Eve Murphy has over 20 years' experience in the Dance education industry. Previously a PE Teacher and School Sports Co-ordinator, she is now a content developer and training deliverer working with a wide variety of schools, universities and SCITTS.

School Athletics Masterclass Ensuring Progress in Track and Field Athletics with Dean Macey

Friday 14 March 2025 Crystal Palace Sports Centre, London
Friday 21 March Chelmsford Sports Centre, Essex
Friday 2 May ACS International School, Cobham
Friday 9 May Lee Valley Athletics Centre, London
Friday 16 May Bedford International Athletics Stadium

Track and Field Athletics is taught in most schools, and it is one of the most popular GCSE practical options. However, progress in the technical events is often limited. Dean Macey, one of Britain's all-time greatest Decathletes, shows how teachers can make these activities exciting, stimulating and challenging. He also illustrates how effective coaching can significantly improve student progress and competitive performances. His unrivalled expertise, entertaining delivery and breath-taking demonstrations make this a day to remember. This course is suitable for teachers and coaches of all levels of expertise, and will help those delivering Athletics at GCSE and A Level.

- Engaging warm up activities for young athletes
- Improving sprinting technique
- Effective sprint starts
- Teaching hurdle technique
- High Jump/Long Jump/ Triple Jump
- Developing throws: Shot, Discus, Javelin
- Analysing technique and diagnosis
- Fault identification and correction
- Coaching for individual improvement
- Officiating school competitions



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Dean Macey was England's leading decathlete for a decade. His first major triumph was a silver medal at the 1999 World Championships, which helped him win BBC Young Sports Personality of the Year. The following year he was fourth in the Sydney Olympics and followed that with a World Championships Silver Medal. He was again fourth in the Athens Olympics, before winning a Gold Medal in the 2006 Commonwealth Games in Melbourne. He has a personal best of 8603 points.

Lacrosse Coaching and Umpiring for Beginners with Asha Riley

Monday 14 October Haileybury School, Hertfordshire

This is a course for teachers that are new to coaching and umpiring Lacrosse, and for those that are looking to update their knowledge for the modern game. It is especially suitable for teachers who have joined a Lacrosse-playing school and wish to make a contribution to coaching and umpiring. Participants will develop confidence to deliver modern, high quality coaching sessions, which are suited to younger and less experienced players. The course will also provide a practical introduction to umpiring, explain rules and signals, to enable teachers to be more confident in officiating school matches.

COACHING

- Coaching fundamental lacrosse skills
- Tried and tested stick work practices
- Basic attacking and defensive principles and shapes
- Transitioning the ball quickly
- Foundational shooting technique
- Developing goalkeepers
- Match day essentials: line-ups, subbing rotations and team talks

UMPIRING

- Practical umpiring of school Lacrosse
- Overview of key major and minor fouls
- Common fouls in beginners' Lacrosse
- Basic positioning for a 2-umpire match
- Becoming a qualified official through England Lacrosse



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Asha Riley gained over 30 caps as an England Lacrosse, playing in the 2013 World Cup in Canada and also touring USA, Australia, and Europe. She now coaches at St Swithun's School and works with teams and players of all ages and ability levels. She coached the Berkhamsted 1st Senior team to become National Champions in 2019, Top 4 in 2020 and Runners Up in the 2022 competition. She is a forward-thinking coach with an infectious passion for the game and for developing young players.

BASKETBALL



Introducing and Developing School Basketball

with Mark Jarram

Friday 7 February 2025 Hertfordshire Sports Village

This is an introductory course intended to enable teachers to understand the game, to teach Basketball lessons and to coach teams of lower ages and abilities. It is suitable for PE teachers without a background in the game and also those coaching school teams at lower ability levels. It will provide a range of skills and strategies, together with ways of practising and developing these with young players. Teachers will also be introduced to the Rules and the ways in which they can be applied confidently in the school setting.

- Introducing the game
- Developing the basic skills: footwork, dribbling and passing
- Shooting: lay-up, jump shot, free throw and improvised shots
- Skills, drills and practices
- Individual and team defence
- Game play ideas from 1v1 to 5v5
- Introduction to Rules and refereeing



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Mark Jarram is a professional Basketball coach of wide experience, and unrivalled success. He was Head Coach of the Loughborough University men's team for over ten years, and coached Leicester Riders in the British Basketball League. He has also worked with professional teams in USA and Europe. He has National Team experience coaching Great Britain U16s, U18s and U20s spanning five year period, attending multiple European Championships. He has been awarded Basketball 'Coach of the Year' three times.



SEMINARS

Educational Visits Co-ordinators Update Training

Suitable for aspiring, new and existing EVCs wishing to update practices and policies with Paul Bond FRGS

Thursday 14 November Holiday Inn, Guildford

This course is based on the National Guidance provided by the Outdoor Education Advisers' Panel (OEAP), by whom it is certificated. Learning outside the classroom has always been an important component of education. The EVC's role is to help the school fulfil its Health and Safety obligations for off-site school visits by being involved in the planning and management of all educational visits. Safety management practice and procedures are ever-changing. The issues faced by School EVCs change over time and, although EVC training does not formally lapse, it is recommended good practice for EVCs to revalidate their award by attending update training. Many organisations include a three-year requirement for EVC revalidation. All OEAP Trainer delivered courses are inclusive of certification fees.

- Trips in a climate of heightened security and Health and Wellbeing concerns
- Safeguarding issues on educational visits
- Appropriate risk management procedures
- Homestays
- School policy documents
- Review of contemporary resources from DfE, HSE, DofE, AALS and other recent publications
- Learning outcomes from recent incidents
- What the papers say!
- Inclusion/exclusion of pupils on visits, inc Equalities Act
- Quality badges and selecting providers
- Training and monitoring of staff & visits
- Online approval systems
- Provision of high-quality outdoor education
- Scenarios and solutions
- Mini buses and other transport matters



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



National Conference for Educational Visits Co-ordinators



Thursday 13 February 2025 Leonardo Royal Hotel, Oxford

PROGRAMME

- **Legal obligations, case law and due diligence for schools**
Claire Mulligan, *Solicitor, Kennedy's Law*
- **Evolve**
Jake Wild
- **Planning challenging events: audit trails, consent and parental information**
Paul Bond FRGS
- **Updates on National Guidance**
- **DfE and HSE**
- **Expedition Case Study**
Malvern College
- **Annual updates on legal and insurance issues**



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Paul Bond is the former Chair for London and South East for the Outdoor Education Advisory Panel (OEAP) and sat on the National Executive Committee. He has 30 years of experience in the outdoor industry in both the voluntary and the statutory sector as a practitioner and adviser. He was involved in the formulation of the British Standard for expeditions and adventurous activities (BS 8848) and is a Fellow of the Royal Geographical Society.



The Director of Sport in a Prep School with Chris Dossett

Tuesday 19 November Holiday Inn, Guildford
Tuesday 10 June 2025 Leonardo Royal Hotel, Oxford

Sport in the prep sector faces its own unique challenges. This seminar aims to address these, and is suitable for teachers leading sport in these schools as well as those who aspire to do so. With pressures for both inclusivity and competitive success, the Director of Sport faces significant challenges in compiling a programme to meet all expectations. Parents can be intrusive, and resources often limited. This course considers the practical issues faced by prep school sport, and presents possible strategies and solutions.

- What makes prep school sport successful?
- The Director of Sport as a 360-degree leader
- Linking PE programmes with sport
- What does “Sport for All” mean?
- Should team games be compulsory?
- Stimulating engagement in less able pupils
- Establishing a foundation of physical literacy
- Clarifying and communicating priorities
- Identifying the best competitive programme
- Quality controlling teaching
- Performance and participation
- Meeting parental expectations
- Balancing performance with inclusivity
- The six outcome PE and games programme
- Building a communication strategy



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Chris Dossett has been Chair of The Professional Association of Directors of Sport in Independent Schools since January 2024. A double Loughborough graduate, he has over thirty years teaching experience in a variety of schools of all types and age ranges. He is one of the country's most experienced Directors of Sport, holding these posts at Pangbourne College, The Portsmouth Grammar School, Uppingham and Solihull.



National Conference for Directors of Sport in Independent Schools

Thursday & Friday 6–7 March 2025
Leonardo Royal Hotel, Oxford

This is the largest gathering of Directors of Sport in Britain, bringing together the leaders of school sport.

The full programme will be published in October, but places can be reserved at any stage.



padsis
Professional Association of
Directors of Sport in Independent Schools

www.padsis.com/2025



David Faulkner is an ex Olympic Gold medallist GB hockey player and was Head of Performance at The Football Association. Previously he was Director of Sport at Millfield School between 2012–17, and prior to this Performance Director at England Hockey from 2005 to 2012. David was awarded an MBE for services to Sport in June 2021 and is currently a non-executive Director of Hampshire Cricket. He specialises in people and team development across business, education and sport covering leadership, cultural development, behaviour and high performing teams.

The Importance of Self-Awareness in Leadership

NEW

with David Faulkner MBE

Monday 25 November Leonardo Royal Hotel, Oxford
Tuesday 18 March 2025 Crowne Plaza Reading East
Monday 9 June Holiday Inn, Guildford

Over 70% of Directors of Sport say that leadership is the dimension of their role they would most like to improve. It is also the area in which they have had least training and support. This course aims to address this issue, providing an understanding of leadership, and how this can be applied practically in a school sport situation. David Faulkner exploits his unique combination of experience in performance sport, organisational leadership and as a school Director of Sport. He will deliver the skills and approaches that will enable Directors of Sport, and other sports leaders, to thrive in a school setting.

- Challenges for school sport leaders
- The People Dimension Principles: Self-Awareness, People Acuity, Agility and Self-management
- Understanding your behaviour style and the impact you have on others
- Understanding how others see you
- Adapting to, and communicating with, stakeholders with different styles
- Coaching and leading the different styles
- Relevant case studies from business, education and sport
- Four Hats everyone wears day to day
- Managing upwards: the 360 degree leader
- How to get the best out of each other
- The shape of future leadership in schools



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



The Director of Rugby in an Independent School

NEW

with Neil Rollings

Friday 11 October Leonardo Royal Hotel, Oxford

Rugby remains the highest profile game in many schools. Historically, it has been the sport that most boys play. However, these programmes are now under pressure from safety concerns, staffing difficulties and threats from other games. Despite this, the pupils who are keen, remain as enthusiastic as ever. The role of Head of Rugby has shifted considerably, as a result of these new factors, presenting new challenges. This new seminar is aimed at current, and aspiring, Heads of Rugby. It will consider the contemporary priorities of the role, and outline how schools can provide RFU-compliant, inspiring Rugby programmes that can thrive in the current climate. Potential responses to existing pressures will be outlined, together with creative approaches to maintaining the benefits of the game

- The shifting landscape of school Rugby
- Leading the modern programme
- Being a 360 degree ambassador for the game
- Creating an appropriate experience for all pupils
- Compulsory Rugby and the law
- Articulating the benefits of the game
- Managing a multi-format offering
- Ensuring retention at the point of choice
- Managing a fixture programme: inter school matches and competitions
- Complying with regulation and expectation; understanding requirement
- Building parental confidence
- Creating a robust communications strategy
- Making the game a force for good in the school
- The characteristics of the successful, modern programme
- Establishing a thriving culture



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



The Director of Sport in an Independent School

with Neil Rollings

Monday 25 November Hilton Leeds City Centre

Thursday 28 November Hilton London Olympia

Tuesday 17 June 2025 Crowne Plaza Reading East

This is a long running and popular seminar, attended by over 500 people around the world. It is intended for recently appointed Directors of Sport, and those who intend to apply for these roles in the near future. It focuses upon the shifting landscape of school sport, how this has impacted upon the position and what schools are now looking for in their appointments. The course seeks to clarify the success criteria of the role, and considers the leadership skills required to achieve these. It will also consider contemporary issues in the subject, and how these can be managed for the future.

- Why does a school need a Director of Sport?
- Becoming a 360 degree leader
- Leadership, management and administration
- Establishing aims and goals
- Building structures and systems
- Satisfying parental expectations
- Improving communications
- Dealing with difficult colleagues
- Working with your head
- Creating the games programme
- Participation v performance
- Choice v compulsion
- Quality and equality
- Building a culture of Health and Fitness



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Developing and Managing a Sports Scholarship Programme

with Paul Askew

Thursday 7 November Hilton London Olympia

Friday 28 February 2025 Holiday Inn, Guildford

Thursday 5 June Midlands

The place of Sports Awards has changed considerably in recent years. The shifting political landscape may mean that it will continue to do so. Most schools have some type of programme, but they vary considerably in effectiveness. Many are unclear what they are trying to achieve. The most able pupils are in great demand, and are often considering several possible schools. There has been a shift of emphasis away from simple fee discounting to supporting and developing performers. This seminar looks at the entire process of building an industry-leading programme, encouraging applications, running a selection mechanism based on the science of talent identification and then optimising the contribution of Award holders once they are in the school.

This seminar is intended for schools who currently operate an Award programme, but wish to improve its impact – as well as those seeking to establish one for the first time.

- What is the purpose of Sports Awards?
- Advantages and disadvantages
- What are you offering?
- How important is money?
- Promoting your awards
- Finding candidates: beating the competition
- How many candidates should you have?
- Generating publicity materials
- Communicating with parents
- Running the selection process
- What does science say about Talent Identification?
- Managing disappointment
- Optimising contribution and developing award holders
- The Award programme in the school



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Paul Askew was Director of Sport in two schools for a total of 30 years. Whilst at Clifton College, he developed an innovative Sports Scholarship programme which attracted pupils from a wide catchment area, and contributed to a significant rise in competitive standards. He spent the final few years of his school career working in Admissions and prep school liaison.



Defining Success in School Sport with Dr Cath Bishop

Thursday 28 November Leonardo Hotel London Watford

'Sport is excellent in this school'. What does this mean? The shifting landscape of school sport has challenged historic success criteria. This seminar will consider, in some depth, how success can be defined, agreed and communicated. It will also look at the process of leading cultural change, and winning commitment to a broader way of defining ways of succeeding in school sport.

- Evaluating success criteria
- Managing expectations of parents and heads
- Considering the Long Win in school sport
- Leading your team towards a new future
- Planning a process of cultural change



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am - 3.30pm. Prices include catering and resources. All prices exclude VAT.

Cath Bishop Cath is a triple Olympian rower, who won a silver medal in the 2004 Games. She went on to be a diplomat, specialising in conflict resolution, including negotiating peace in Bosnia. She currently works with Judge Business School at the University of Cambridge, and other organisations on leadership, cultural change and building high performing teams. She is the author of *The Long Win*.



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Seminar for Co-Curricular Deputy Heads with Richard Biggs

Thursday 7 November Leonardo Royal Hotel, Oxford

Friday 7 February 2025 Clayton Hotel, Manchester City Centre

Thursday 27 February Hilton London Olympia

Thursday 12 June Holiday Inn Guildford

This seminar is intended to support newly appointed Co-Curricular Deputy or Assistant Heads – as well as teachers intending to apply for these roles this year. Because these are relatively new positions in schools, priorities and operating processes are often not yet firmly established. The course will look at the aims of the position, and how success might be judged. It will include the methods by which these priorities can be pursued, and quality controlled, across the whole school. Frequently encountered frustrations and challenges will also be considered, alongside the various communication mechanisms and people management skills that are crucial to success.

- The place of the Co-curriculum in an era of political threat
- Leadership and administration
- The role of the head of Co-curricular activity
- Managing the managers
- Defining the Co-Curricular programme
- Leading parental engagement
- Working with the Head and other school leaders
- Staff recruitment
- What is left when it is all over?
- Communication pathways and programme promotion
- Agreeing the success criteria
- Establishing priorities and refereeing the clashes
- Programme content and management
- Participation vs High performance
- Establishing aims and objectives
- Meritocracy v Democracy: the place of inclusiveness



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am - 3.30pm. Prices include catering and resources. All prices exclude VAT.

Richard Biggs was Headmaster of King's College, Taunton for 15 years. He was previously Deputy Head at Lancing College. Throughout his career he maintained a personal involvement in a wide range of co-curricular activities, including music and sports coaching, to reflect his belief in the importance of these activities and the benefits they bring.



National Conference for Leaders of Co-Curricular Activities

Wednesday 27 November Hilton London Olympia

PROGRAMME

- **Co-Curricular Activity in a Changing Political Environment**
Rachel Owen, *Head, St George's College, Weybridge*
- **Expectations and Rewards for Staffing the Co-Curriculum**
Rhiannon Cutler, *Managing Director, Baines Cutler*
- **Building a Culture of Excellence across the Co-Curriculum**
David Faulkner MBE OLY
- **Research Report: The Social Impact of Outdoor Activities in Schools**
Martin Davidson, *CEO, Outward Bound Trust*
- **Leading Trips and Tours: EVC Update**
Paul Bond, *Outdoor Education Advisers' Panel, Royal Geographical Society*
- **Getting the Most out of SOCS Co-Curricular**
James Kershaw-Naylor, *SOCS Development Director*
- **Building Teamship among leaders of various Co-Curricular areas**
David Faulkner MBE OLY
- **The Future Staffing of the Sports Programme**
Neil Rollings, *PADSIS*
- **The implications for Independent Schools of the National Plan for Music Education, Services for Education**
- **Managing Difficult Conversations**
Nick Creed, *Wellington College*



1 PLACE **£219** 2 PLACES **£349** 3 PLACES **£449**

Conference runs 9.30am - 3.30pm. Prices include catering and resources. All prices exclude VAT.



Leaders of School Sport in Scotland

Thursday 19 September The Glasgow Academy

PROGRAMME

- **Introductory Remarks**
Chris Dossett, *PADSIS Chair*
- **The Implications of Political Threats for School Sport**
Matthew Pearce, *Rector, The Glasgow Academy*
- **Creating a Culture of Excellence**
David Faulkner MBE OLY
- **Sport Scotland: Aspirations for School Sport**
- **Scottish Hockey: Building the school game**
- **What Does Co-educational School Sport Really Mean?**
Chris Dossett
- **The Future of School Sport Programmes**
Neil Rollings
- **Staffing the Sports Programme**
Neil Rollings
- **Netball Scotland: The Future of the Game in Schools**
- **Cricket Scotland: Opportunities for School Cricket**



1 PLACE **£219** 2 PLACES **£299**

Conference runs 9.30am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

The Head of Cricket in an Independent School

NEW

with Neil Rollings

Tuesday 4 February 2025 Leonardo Royal Hotel, Oxford

The expectations of the Head of Cricket have changed considerably over the last generation. Although the game faces considerably pressures, many of them new, it continues to thrive in environments in which it is well-run. Although numbers participating continue to decline on average, some schools have more players than ever, and greater enthusiasm for the game.

This new seminar is intended for current, and aspiring, Heads of Cricket, who seek to build programmes which can continue to thrive in an era of changing expectations. It will consider the threats faced by the game, with potential responses, and examine the characteristics of successful Cricket provision in the modern age.

- Adapting to the contemporary landscape of school Cricket
- Inspiring a love of the game
- Cricket within the Games Programme
- Fitting Cricket into the unique environment of each school
- Managing upwards: working with Head and SLT
- Inter-school fixtures and competitions
- Game formats
- Creative ways of teaching and coaching
- Collaborating with outside agencies
- Supporting the best players
- Accommodating exam pressures
- Managing a coaching programme
- Accommodating inclusivity
- Co-educational Cricket provision
- Future-proofing in an uncertain era
- What will it look like in the future?



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.



Managing Staff in School Sport

with Neil Rollings

Thursday 21 November Leonardo Royal Hotel, Oxford

Thursday 19 June 2025 London

This is a seminar for Directors of Sport, Co-Curricular deputies and others whose responsibility includes appointing, managing, training and appraising sports staff. It will focus on establishing a sustainable workforce that matches the requirements of the programme and is able to deliver consistent pupil outcomes. The day will also focus on managing some of the issues that the school sport sector is facing in staffing its programmes.

- Establishing the staffing requirements of the programme
- Building the right workforce mix for your environment
- Creating a staff culture
- Leading through 360 degrees
- The place of the peripheral workforce
- Graduate assistants and peripatetic coaches
- Specialists v generalists
- Rewarding co-curricular sport contribution
- Challenges of school teams
- Challenges in addition to school teams
- Managing Saturday sport
- Induction, accountability and appraisal
- Future-proofing school sport



1 PLACE **£219** 2 PLACES **£349**

Course runs 10am – 3.30pm. Prices include catering and resources. All prices exclude VAT.

Neil Rollings was Director of Sport in four independent schools, over a 21-year career. He was Chairman of HMC NE Games Masters' Conference and an Independent Schools Inspector. Neil now works with schools in UK and overseas, developing sports programmes and appointing Directors of Sport. He is member of the RFU Schools' Partnerships Group, contributor to the Government Task Force on the Future of PE, member of the All-Party Parliamentary Group on a Fit and Healthy Childhood. He was Chairman of the Professional Association of Directors of Sport in Independent Schools for 15 years, and is Course Director of the University of Buckingham MA programme in Leading School Sport.



Online Coaching

Training webinars provide an unintrusive CPD opportunity for teachers. Each course will be run live, with the opportunity for interaction, on the dates indicated. Participants, and those unable to attend live, will be provided with access to the recording for another 48 hours.

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NETBALL

A Dictionary of Effective Drills for Netball

with Karen Greig

7pm – 8.30pm, Wednesday 20 November

This very popular webinar will present a comprehensive and inspiring sequence of proven drills and practices to develop all areas of Netball skills. This will make the practices used by elite players accessible to school coaches. Together, they will improve skills in ball handling, quick decision making, attacking and defence movements, as well as increasing possession under pressure. These drills are relevant to all ages and abilities and will ensure that teachers and coaches have a range of contemporary content for the new school season.

- The complete guide to Netball skills
- Varieties of ball handling practices
- Individual, pair and group drills
- Including decision making within skill practices
- Increasing Possession under pressure
- The importance of Repeatability



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Umpiring School Netball

with Karen Greig

7pm – 8.30pm, Wednesday 9 October

7pm – 8.30pm, Monday 11 November

7pm – 8.30pm, Wednesday 15 January 2025

Many teachers are required to umpire school matches at all ages and ability levels. This webinar aims to build confidence, enabling them to officiate school matches safely and competently. It will address the recent rule changes as well as explaining basic rules that apply when umpiring the game in schools.

- Understanding the principal Rules and penalties
- Using the whistle
- Signalling / Communication and positioning
- Pre-Game and keeping score
- Effective Umpiring at school level
- Ensuring a flowing game
- Interpreting difficult situations



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Centre Pass Defence Masterclass

NEW

with Sue Gaudion

7pm – 8.30pm, Thursday 7 November

This new and unique webinar will examine first and second phase defence at the Centre Pass. It will consider the most effective First Phase set-ups, and how this influences the development of Second Phase defence. Featuring extensive video analysis, this course will illustrate the importance of defence across the Transverse Line and how this can be impacted by varying the position of players.

- Understanding the significance of Centre Pass defence
- Effective first phase positioning
- Creating Second Phase pressure
- Varying defensive positioning for optimal effect
- Establishing strong WA/GA connection
- Defence across the transverse Line



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Sue Gaudion is currently General Manager and Performance Pathway coach at West Coast Fever Netball in Australia. Sue is also a member of Channel 9's Wide World of Sports' Netball Commentary Team covering the Suncorp Super Netball. She was previously Head Coach of Australia Under 21, and of Singapore at the 1999 World Cup. Sue has coached at all levels in Australia and made a significant contribution to the game globally.



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Understanding and Developing the Shooters with Karen Greig

7pm – 8.30pm, Monday 27 January 2025

This video-illustrated Netball Masterclass is intended for coaches of school teams. It will illustrate how shooters should work effectively in and out of the circle, ensuring dynamic movement, distribution and being aware of the triggers to get them in the right place to maximise their influence on the game.

- Understanding the Shooter's priorities
- Trigger movements
- Goal scoring and goal attack connections
- Goal attack entry
- Front and back cuts
- 1 on 1
- Overloading
- Shooter to Shooter ball



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Karen Greig is the current Head Coach and Franchise Manager of Manchester Thunder. She has led the team to multiple Super League titles, and was the 2018 and 2022 Super League 'Coach of the Year'. She is a former captain and Super League winner with the same team, also achieving 40 England caps as a Goal Shooter. Karen was Assistant Coach of the full England team on their 2015 tour of Australia, and Head Coach of England Under 21.

Coaching Skills and Strategies for Netball with Tamsin Greenway

7pm – 8.30pm, Wednesday 27 November
7pm – 8.30pm, Wednesday 29 January 2025

This is a course for teachers with some experience in coaching Netball, who wish to incorporate up to-date attack and defence skills and strategies into their coaching. It is particularly suitable for coaches of the game from Under 12 to Under 18 level. A range of innovative practices will be presented on video, enabling teachers to approach their coaching feeling confident that their sessions will be exciting and effective.

- Fundamental attacking and defensive skills and movements
- Attacking principles in all positions
- Defensive themes in all positions
- Understanding attacking play and consistency in the end third
- Common defensive structures exploring how the unit works together to create



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Tamsin Greenway is the current Director of Netball at Super League franchise, London Mavericks. She was previously the Head Coach of the Scotland National Netball team, leading the team at the 2023 World Cup. In a distinguished playing career, she was a member of the England teams that won bronze medals at the 2010 Commonwealth Games and at the 2011 and 2015 Netball World Cups. Between 2006 and 2018 she played in eight Netball Super League grand finals for three different teams. During this time she won six Netball Super League titles as a player and/or coach.



Netball: The Defensive End with Tamsin Greenway

7pm – 8.30pm, Wednesday 4 December
7pm – 8.30pm, Wednesday 5 February 2025

This unique webinar will focus entirely on the game in defence. It will explain the complexities of individual and team defence from elite Netball, and how these can be applied at school level. It will include extensive video analysis, as well as interactive discussions around team defence, presenting ideas for effective defensive sessions. It will also consider how these change, and become relevant at a range of levels and abilities within the school game.

- Focusing on the end third
- Common defensive structures
- Individual skills and movements
- Making individual players more effective
- Ensuring that the unit works together
- Creating turnover ball
- Discussions: effective defence and the fundamentals needed



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Refereeing School Rugby with Dan Cottrell

7pm – 8.30pm, Thursday 26 September

Many teachers and coaches are required to officiate school matches, often in front of audiences of parents. Rugby is probably the most complex and demanding school game to referee. This course aims to support coaches of limited experience, and to build confidence that they can establish a safe environment, communicate positively and let the game flow.

- Characteristics of successful referees
- The Laws: what you must know, might know and may know
- Dealing with common situations
- Effective communication, with players and parents
- Ensuring flow in the school game
- Understanding and applying materiality
- Managing a positive matchday environment



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

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Coaching and Refereeing Age Grade Rugby: Under 9 to under 12

with Dan Cottrell

7pm – 8.30pm, Wednesday 16 October

This is a specialist course for teachers in the prep sector, who are involved in coaching Rugby under the developmental framework of rules (previously known as New Rules of Play). It will explain how these Rules develop at each age group, and the implications for refereeing school matches at various stages. There will also be a focus on coaching the game in the school setting, to enable players of all ages and abilities to overcome apprehension and learn to enjoy developing skill and evasion. It will also enable teachers to be confident that they are delivering the game safely, with an emphasis on contemporary coaching of the new tackle laws, contact area and scrum.

- Understanding the developmental framework
- Clarifying the Rules at each age group
- Coaching core skills to young players
- Focusing on skill and evasion
- Building confidence in contact
- Addressing the safety issues: tackle, scrum and ruck
- Refereeing school matches to enhance continuity and enjoyment
- When and why to blow the whistle – and when not to
- Establishing a positive match environment



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Contemporary Sevens for School Coaches NEW

with Tom Mitchell, former GB Captain

7pm – 8.30pm, Tuesday 21 January 2025

This session is aimed at experienced coaches of school Sevens, who are seeking to ensure they are up to date with the strategies of the game at international level. Through video analysis and discussion, this webinar will be a guide to building a school Rugby 7s programme, as well as how to develop players and team tactics. By utilising experience from the top level of the game, Tom will discuss all the key areas of the game to prepare coaches for the season ahead.

- Attack – different styles and skills
- Defence – different styles and the role of sweeper
- Set-piece – kick off, scrum, lineout, penalties
- Getting players tournament ready
- Managing tournament day



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Tom Mitchell is an England and Great Britain Seven's legend. He made his England Sevens debut in 2012 and was the leading points scorer the following season and nominated for World Sevens Player of the Year in 2014. In 2016 he captained Great Britain to a Olympic silver medal in Rio and a Bronze medal at the 2018 Gold Coast Commonwealth Games.



Beginners Rugby Coaching

with Dan Cottrell

7.30pm – 9pm, Tuesday 8 October

This is a course for teachers involved in delivering rugby coaching, and refereeing matches and practices for the first time. It will also provide a refresher for teachers wishing to update their coaching. It focuses on the practicalities of organising a coaching session, and introduces a range of techniques and ways to practise them. The emphasis is on modern techniques and simple, imaginative practices. It will include an explanation of key laws and guidance for school referees on managing the matchday environment.

COACHING

- Understanding and coaching core skills
- Building the skill set for young players
- The contact area and ways to practise it
- Safe scrummaging
- Designing practices quickly that match your needs and your team's needs
- Engaging players of all abilities in the session

REFEREEING

- Applying the law in school matches
- Ensuring safe procedures at scrum and ruck
- Managing the game through communication
- When and why to blow the whistle – and when not to



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7.30pm to 9pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

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dan@ice-education.co.uk
015395 60060



Coaching Attacking Rugby NEW

with Richard Wigglesworth, England Attack Coach

7pm – 8.30pm, Thursday 28 November

This online session focuses on coaching contemporary attacking Rugby, both from open play and set piece strikes. Through extensive video analysis of both the England team and other elite Rugby, this webinar will illustrate how to coach try scoring attacking rugby. It will break down the key components and fundamentals that are being implemented at the very top of the game.

- Counter attack
- Phase attack
- Line out attack
- Attacking kicking game



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Richard Wigglesworth is the current Attack Coach for the full England team. Prior to this, he was coach of Canada in the 2019 World Cup and Interim Head Coach of Leicester Tigers. As a player, Richard played 33 games for England and over 445 Premiership games for Sale, Saracens and Leicester Tigers.





Tackle Technique with Geoff Parling

7pm – 8.30pm, Wednesday 9 October

Tackle laws are one of the most significant changes in the game of recent years, presenting challenges for coaches of all ages and abilities of players, including the need to ensure both safety and effectiveness. Through presentation, video analysis and discussion, this session will illustrate how to coach a safe and effective tackle technique as well as understanding modern day defensive structure.

- Breaking down the tackle
- Team defensive structure
- Effective and safe techniques
- Ball winning defence



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Geoff Parling is the current Wallabies assistant coach, having previously been forwards coach of Super Rugby team, Melbourne Rebels. He played over 300 games in the English Premiership, Europe, Super Rugby and Internationally. Geoff was renowned for his leadership set-piece skills which saw him run the offensive and defensive line-outs for both England and the British Lions.



A Dictionary of Skill Drills for School Rugby Coaches with Dan Cottrell

7pm – 8.30pm, Wednesday 6 November

Coaches always need new practices to improve effectiveness and keep players interested. As laws and strategies change, the coaching environment has to adapt with them. This course will provide an extensive range of video-illustrated skill drills to enable school Rugby coaches to ensure their sessions are exciting, contemporary and safe. From simple techniques to game-related skills and pressure practices, all areas of the game will be covered to provide coaches of all levels of experience with a season's worth of practice content.

- Essential handling drills for all players
- Handling
- Tackling and being tackled
- Decision-making
- The contact area
- Attacking options
- Foundations of defence



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The Essential Guide to Coaching Contact Skills with Dan Cottrell

7.30pm – 9pm, Tuesday 12 November

Safety in the contact area has never been more important in school Rugby. This course seeks to ensure that all coaches can deliver safe, contemporary and technically accurate sessions on the contact area and set-pieces. It will provide practical, simple solutions to reduce complexity for players, including easy-to-setup activity ideas and session plans to implement in training immediately.

- The upside-down triangle approach to contact programmes
- Scrum training that transfers across the game
- Make best use of your 15 minutes a week of full-contact training
- Build lifting and jumping into your warm-ups
- Simple strategies that will transform scrum training
- Start lineouts before they start lineouts



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7.30pm to 9pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Dan Cottrell is Editor of Rugby Coach Weekly, established in 2003 and still the largest rugby coaching website and newsletter in the world. He is currently rugby performance coach in a school, head coach of Bristol Schools U18s, and coach with the Bristol Bears Academy. He was Director of Rugby at Cranleigh School, assistant coach for Wales Women, Ospreys U16s, and head of Swansea Schools U15s. He played rugby for Bath and Bristol.



Beginners Rugby Sevens for Under 12 and Under 13

NEW

with Dan Cottrell

7pm – 8.30pm, Monday 13 January 2025

The popularity of Sevens is reflected in the growing number of tournaments at different age groups. Many Rugby coaches who have never previously been involved in this game and being required to coach it. There is always limited time to prepare for these tournaments. This course acknowledges the realities of this situation, and focuses on developing a style of Sevens play which is adaptable to each team's strengths. This includes a defensive system that is easy for players to understand, as well as opportunities to exploit advantages in attack.

- What does good school sevens look like at Under 12 and Under 13?
- Develop a defence in two sessions with two 15-minute activities
- Creating a system for a small team, a slower team and a team with speedsters
- Risk and reward: make offloading a positive not a default
- Reimagining the breakdown
- Maximising the first phase
- Managing tournament play



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



*Early Bird Discount does not apply to British Gymnastics and Trampoline courses

We are pleased to be partnering with MT13 in the delivery of this term's Hockey courses.



Team Defence: How to Stop Conceding Goals!

with Matt Taylor

7pm – 8.30pm, Thursday 7 November
7pm – 8.30pm, Wednesday 29 January 2025

The most effective way to improve the performance of any team is to improve the defence, and to concede fewer goals. This course looks at the in-depth analysis of how University of Nottingham went from conceding an average of 4 goals a game in Phase One of the National Premier League to one goal per game in Phase Two. Through extensive video illustration, it will highlight the technical and tactical changes that underlay this transformation.

- Understanding Primary Error and Secondary Error
- Point of the turnover
- Analysing the type of goal
- Circle Conditions
- Applying the Learnings
- Coaching a new strategy



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

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Hockey Coaching for Beginners

with Matt Taylor

7pm – 8.30pm, Thursday 17 October
7pm – 8.30pm, Wednesday 20 November
7pm – 8.30pm, Thursday 23 January 2025

This course is for teachers who are new to coaching Hockey in schools. It covers the basic skills and strategies for the 7-a-side Mini (Into) Hockey game as well as the full 11-a-side game. It will provide an introduction to coaching techniques for individual player development, and tactical considerations to create an effective team. With extensive video illustration, it will equip novice coaches with the skills, knowledge and understanding to conduct safe and inspiring coaching sessions, and to run lower ability school teams.

- Basic Hockey skills
- Core skill development practices
- Progressing to more advanced skills
- Developing an understanding of team play through games
- Developing the principles of the self-pass
- 20 fun-based training drills to develop both attacking and defending techniques
- Coaching a school team



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Penalty Corner Attack: Understanding The Most Effective Strategies

with Matt Taylor

7pm – 8.30pm, Wednesday 6 November
7pm – 8.30pm, Wednesday 22 January 2025

Improving penalty corner strategy is the most straightforward way of scoring more goals. This course provides an insight into the most successful routines for Attacking Penalty Corners. It will consider the numbers of players in attacking positions and their roles and responsibilities in each routine. Careful analysis will break down the individual elements of the strategy and examine the ways in which common defensive tactics can be overcome.

- Improving the component parts – Injection, Trap and Flick
- Understanding tactical options
- Clarifying individual roles
- Single, double and moving castles
- Deflections and worked moves
- Follow up patterns
- Responding to defensive structures



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Matt Taylor is the current Head Coach of Nottingham University, who won the BUCS championships in 2014–15, 2021–22, 2022–23 and 2023–24. He was previously head coach of Beeston HC in the Men's Premier Division, winning three championships between 2010 and 2014. As a player, Matt won seven Championship titles with Cannock HC.



Coaching 7-a-Side Hockey with Matt Taylor

7pm – 8.30pm, Thursday 28 November

Hockey at Under 13 and below is played 7-a-side. This is the stage at which a sound foundation of basic skills and game understanding is established. Although many of the techniques are similar to the full game, the tactical implications of a smaller pitch demand an alternative approach. The abbreviated game also provides opportunities to introduce tactical dimensions of the full game, such as strategies for long corners, hits around the circle and the self pass.

- Developing technical skill and tactical understanding
- Core Skills for the Modern Game: developing skills for the reverse stick
- Free Hits and Long Corner strategies
- Effective Out-letting to combat the press
- Pressing; How and where to win the ball to optimise the chance of scoring
- Goal Scoring
- Formations and roles in the 7-a-side game



INDIVIDUAL **£69** SCHOOL **£149**

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A Dictionary of Effective Drills for Hockey

with Matt Taylor

7pm – 8.30pm, Thursday 3 October
7pm – 8.30pm, Thursday 14 November

Coaches need to constantly refresh their repertoire of practices, and be confident that these are both effective and contemporary. This course looks at the most effective drills for introducing core and skills and building these into more advanced techniques. It will also introduce tactical considerations through drills that younger players can develop all areas of the game.

- Static and Active Receipts
- Passing on the Open and Reverse Stick
- Elimination; Both on the floor and in the air (3D)
- Effective Ball Carry
- Eliminations; On the receipt



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Umpiring School Hockey

with Matt Taylor

7pm – 8.30pm, Thursday 10 October
7pm – 8.30pm, Wednesday 27 November
7pm – 8.30pm, Monday 20 January 2025

This course is aimed at teachers and coaches who are required to umpire school games at U11 to U-15 age groups. It seeks to provide them with knowledge both of the rules and also of their practical application in a school setting. There will be extensive video illustration, to ensure that participants can be confident of their capacity to officiate matches.

- Basic rules, and how to apply them in a school context
- Maximising advantage
- Applying the foot rule
- Officiating the penalty corner
- Increasing continuity and enjoyment through communication
- Differences between 7 and 11-a-side school Hockey



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Transitions into Possession

with Matt Taylor

7pm – 8.30pm, Wednesday 13 November
7pm – 8.30pm, Thursday 6 February 2025

The majority of open play goals are scored from transition moments: when possession turns over and counter attack is possible. This course looks at the importance of the transition moments, and the ways in which teams can best respond to them. It will present the principles of effective counter attack, clarifying the roles of individual players, alongside the coaching priorities.

- Identifying the opportunity
- What has to happen to the ball
- Roles of players in the ball channel, help channel and ahead of the ball
- Decision making for the ball player
- Passing vs carrying vs dribbling
- Practices to encourage decision making
- Coaching the counter attack



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dan@ice-education.co.uk
015395 60060



Coaching Dynamic Badminton in Schools

with Gail Emms MBE

7pm – 8.30pm, Tuesday 26 November
7pm – 8.30pm, Wednesday 26 February 2025

This course is designed to help teachers with the complexities surrounding teaching badminton, as well as helping students to progress to GCSE/A Level standard. It will illustrate the very latest skills, drills and techniques being used in badminton coaching to enable teachers to make their lessons more dynamic and exciting.

- Understanding the sport
- Attack shots
- Defence
- Serving with purpose
- Routines and games
- Tactics in singles, doubles, mixed doubles



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Gail Emms had a 13 year international career as a Badminton player, appearing for England 68 times. She was a double Olympian, winning a silver medal in Athens in 2004. She also won gold medals in World Championships, European Championships and Commonwealth Games, retiring from international Badminton after the Beijing Olympics. She was eleven times English National Champion, in mixed and ladies doubles, and was ranked Number One in the world in 2005. She was awarded the MBE for services to Badminton in 2009.

Edexcel GCSE PE: Improving Student Performance in Papers One and Two

with Tony Corcoran, GCSE Simplified

7pm – 8.30pm, Tuesday 25 February 2025

This is a course for teachers of Edexcel GCSE PE. It will enable them to better prepare their students for success in the written exam papers by linking teaching strategies more closely with exam requirements. It will enable teachers to better support students in extended writing and plan more successful programmes of revision.

- Understanding strengths and weaknesses of student responses in previous years
- Teaching theory content practically
- Improving student engagement
- Extended writing success: strategies to move students into MB3
- Planning successful revision



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Will Swaithes is an experienced teacher, teacher educator and leader of teaching and learning. With over 20 years' experience in education, Will became an Advanced Skills Teacher in 2006 and has been innovating curriculum design ever since. Following 4 successful years as Head of Physical Education and Achievement for Youth Sport Trust, Will now leads the secondary PGCE programme at Birmingham City University and is also Education Director at PE Scholar. He has a reputation for high-quality consultancy services, mentoring support and training with an ambition to ensure PE stands for Positive Experiences for all children in all schools.



Teaching High Quality Examination PE

with Will Swaithe

7pm – 8.30pm, Thursday 21 November
7pm – 8.30pm, Wednesday 12 March 2025

Examination PE is often a challenging subject to teach, owing to the significant theoretical content requirements alongside an expectation to perform well in a variety of team/ individual sports. The reality in many schools is the requirement to teach a mixed ability, mixed gender and very mixed needs/ motivations class who have very different starting points and future interests. This webinar is aimed at teachers of all examination PE, including GCSE, A Level, BTEC and Cambridge Nationals. It will present current best practice in terms of teaching, learning and assessment strategies.

- Understanding the landscape of examinations in PE and Sport
- Review PE/ Sport qualification marketplace at level 2 and level 3
- Improving the strategic approach to examination PE
- Applying the best teaching, learning and assessment strategies
- Getting the best results for all students
- Take away 10 top tips for effective teaching and learning in PE



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Succeeding in GCSE & A-Level PE Coursework

NEW

with Pete Bignell

7pm – 8.30pm, Monday 14 October
7pm – 8.30pm, Monday 20 January 2025

This webinar will cover how best to prepare, deliver and moderate the NEA elements of both GCSE & A-Level PE courses. It will enable teachers to be confident of their coursework content and assessments, as well as understanding current exam board requirements.

- The demands of this practical unit: what is being assessed
- The structure of the assessment process
- Selecting appropriate practical options
- Delivering practical options over a two or three year course
- The specifics: presenting practical evidence to meet the assessment criteria
- Running a moderation day: learning from others mistakes, with top tips to ensure a smooth running and purposeful day



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Pete Bignell is a Principal Moderator for OCR A-Level PE and has been moderating A-Level PE for over 22 years. He oversees the development of the specification and the annual assessment process. Through his work for OCR he visits many schools and moderations across the country to ensure the national standards are applied. Pete has been head of department at four schools across both the Independent and State sectors.



Becoming A Successful Head of PE

with Will Swaithe

7pm – 8.30pm, Tuesday 19 November
7pm – 8.30pm, Thursday 19 June 2025

This course is designed for aspiring and newly appointed subject leaders of Physical Education. It aims to equip them with the with the knowledge and skills to be effective in that position, and to achieve outstanding outcomes for their students. The programme is based on the latest research, inspection requirements and innovations in the subject. Having a clear picture of what a great practical PE lesson looks like is essential to standardising practice and ensuring the needs of all students are met. This will be supported by templates and case studies to map out coherent learner pathways that are much more than a 'basket of sports'. Various examination options will be considered, including GCSE, A level and vocational courses, together with their place in the curriculum pathway.

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- Creating a clear vision for successful PE
- Clarifying the features of high-quality PE
- Understanding 'outstanding' PE from sport, games and broader education outcomes
- Mapping out a well-sequenced learner journey appropriate to your context
- Understanding leadership and management to build a successful PE department
- Using a theory of change model to plan for action and change
- Understanding examinations in PE and Sport



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Analysis of Chief/Principal Examiner Reports for GCSE PE

with Tony Corcoran, GCSE Simplified

7pm – 8.30pm, Tuesday 10 December

Suitable for teachers of the following exam boards: Edexcel, AQA, OCR and CIE iGCSE. This session will analyse the Examiner reports for GCSE PE across all boards. It will identify trends and weaknesses in student performance. This will enable schools to better plan deliver and revision strategies for the current year's candidates.

- What is the Examiner really saying?
- Applying lessons from last year's Examiner reports
- Implications for future candidates
- Planning more effective revision strategies



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Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



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Improving Outcomes in GCSE PE

Command words are king

with Tony Corcoran, GCSE Simplified

7pm – 8.30pm, Tuesday 15 October

This is a course suitable for teachers of the following exam boards: Edexcel, AQA, OCR and CIE iGCSE. It will focus on the issues surrounding the taxonomy of command words, and the challenges which students face answering exam papers. It will consider the most popular command words used by each board and what teachers can do to enable their students to be more successful in exams.

- Identifying command words
- Understanding examiners' expectations
- Preparing students to answer written papers
- Improving exam marks through better understanding requirements



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Edexcel GCSE PE: Improving the NEA

with Tony Corcoran, GCSE Simplified

7pm – 8.30pm, Thursday 27 February 2025

This course is suitable for teachers of Edexcel GCSE PE. It will focus on the practical moderation and the PEP, to enable teachers to better support students to score more highly in these components of the exam. It will explain what teachers need to do to get their students into the higher mark bands in the PEP as well as ways of structuring the practical moderation to best effect.

- Understanding the practical components
- Setting up a successful moderation session
- Skills in isolation
- Do's and don't's of practical assessment
- Getting into the top mark bands for the PEP
- Ensuring accurate assessment
- Common mistakes to avoid



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Tony Corcoran is Senior Examiner for a major examination board. He has 20 years' experience teaching exam PE, and been involved in the delivery of GCSE training, in UK and overseas, since 2015. He is the founder and of GCSE Simplified, revision guides that are used in 26 countries by more than 1600 schools.



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PE In The Early Years

with Lesley Minervini

7pm – 8.30pm, Monday 11 November
7pm – 8.30pm, Monday 10 March 2025

Movement is an essential dimension in the development of young children. This course is aimed at enhancing teacher knowledge of how this is most effectively presented and managed in the school setting. It is suitable for specialist and non-specialist teachers. It will provide an understanding of the relationship between physical development and social, cognitive and language education. Participants will be equipped with a wide range of activities, games and play environments through which pupils can develop, within a planning framework which enables all children to succeed.

- The place of Physical Development in Early Years
- Understanding the ways physical development underpins other areas of the Early Years Curriculum
- The importance of movement to young children
- Promoting purposeful play
- Practical ideas for teachers to deliver high quality movement education
- Developmentally appropriate activities which enable children to reach their potential in PE



INDIVIDUAL £69 SCHOOL £149

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.





Outdoor Play in the Early Years

NEW

with Lesley Minervini

7pm – 8.30pm, Tuesday 28 January
7pm – 8.30pm, Monday 9 June 2025

Active free play outdoors is essential for the development of a range of capacities in children. It is the antidote to a children spending hours sitting indoors and staring at screens. The outdoors awakens and rejuvenates the mind and engages the senses all at once. In nature, children learn to take risks, overcome fears, make new friends, regulate emotions, and create imaginary worlds. This webinar will look at how schools can maximise health-promoting outdoor opportunities for the youngest children, incorporating more play into the school curriculum.



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Lesley Minervini has over 25 years of experience working in education, and has worked with teachers throughout the world. She has authored many resources and courses including – Start to Move cards, Healthy Movers Take Home Pack, Purposeful Playtimes and PE Underpinning Achievement. She is the tutor trainer for British Athletics officials and officiates in Athletics around the world.

PE in Key Stage One with Lesley Minervini

7pm – 8.30pm, Monday 18 November
7pm – 8.30pm, Wednesday 12 March 2025

As children progress from Early Years settings into Key Stage One, the development of physical literacy is a priority. It is the foundation of future success in physical education and sport, as well as a central foundation of confidence, self-esteem and social skills. This webinar is suitable for both specialist and non-specialist teachers: it will provide a broad understanding of fundamental movement alongside a wide range of activities, skill practices and games through which these vital qualities can be developed in all children.

- Understanding physical development in Key Stage One
- Establishing a foundation of physical literacy
- Developing Fundamental Movement Skills in all children
- Analysing movement abilities and games skills
- Outstanding lesson content
- Developing the concepts of strategy and tactics alongside physical skills



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



*Early Bird Discount does not apply to British Gymnastics and Trampoline courses



Gymnastics in Schools at Key Stage 2 and 3

with Gary Kirby

7pm – 8.30pm, Tuesday 3 December
7pm – 8.30pm, Thursday 13 February 2025

The course aims to develop the teacher's knowledge and understanding of core gymnastic skills, activities and fun games, discussing clear progressions and development of key skills delivered in Key Stage 2 and 3. It is intended for teachers with limited experience of teaching Gymnastics. Through substantial video analysis, this course covers the teaching of all basic gymnastic movements. This includes a constant emphasis on establishing good technique and safe practice.

- Travelling: Stepping, spinning, leaping and cartwheel
- Jumping: With shapes and with turns
- Rolling: Log, egg, side, teddy bear, forward and backward
- Balance: Small/ Large body parts, including Headstand and Handstand



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Progressing Gymnastics Skills

with Gary Kirby

7pm – 8.30pm, Tuesday 10 December
7pm – 8.30pm, Thursday 13 March 2025

This is a more advanced course which is aimed at teachers who are working with Key Stage 2,3 & 4 children, and have some experience of teaching Gymnastics. Extensively illustrated by video of coaching stages and performances, this session develops basic movements to include sequence building, partner balances and vaulting. It also highlights modern coaching techniques and recent changes to safe practice.

- Sequence Building: constructing routines for floor and apparatus
- Partner balances: working with a partner and in different group sizes
- Vaulting: using the spring board, safe landing,
- Squat on/off, squat through, straddle over vaults
- Developing handspring



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Gary Kirby was a GB international gymnast. He is an International Performance Coach, and has coached medallists in both Olympic Games and World Championships. He was appointed men's Technical Director at the 2002 Commonwealth Games, and was subsequently Gymnastics Development Officer for Liverpool. He is one of Britain's leading Gymnastics judges, having officiated at World and European Championships and two Commonwealth Games.

Dance in the Primary Curriculum with Eve Murphy

7pm – 8.30pm, Thursday 16 January 2025

Dance is a vital part of the primary curriculum. This webinar is designed to give teachers of primary dance the confidence that they can deliver meaningful lessons, and ensure pupil progress. It will provide an understanding of the place of Dance within the primary curriculum, and outline a range of content and practical approaches to support both specialist and non-specialist teachers of this age group.

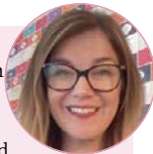
- Engaging children in Dance
- Understanding the content of a Dance lesson
- Structuring schemes of work for Dance
- Linking Dance with the wider curriculum
- Delivering outstanding Dance lessons
- Themes, topics and inventive content



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Eve Murphy has over 20 years' experience in the Dance education industry. Previously a PE Teacher and School Sports Co-ordinator, she is now a content developer and training deliverer working with a wide variety of schools, universities and SCITTs.



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Dance in the Secondary PE Curriculum with Eve Murphy

7pm – 8.30pm, Monday 27 January 2025

Dance teaching can be a subject area in which teachers lack confidence. This is a course to support teachers of secondary PE to deliver curriculum Dance lessons. It aims to enable them to overcome apprehension, and become confident that they can deliver effective lessons to the younger secondary age groups. It will include a range of content, as well as strategies for engaging all pupils within Dance.

- Dance in the secondary PE curriculum
- Overcoming reservations
- Understanding Dance principles
- Engaging all pupils in Dance
- The place of mixed Dance lessons
- Delivering outstanding lessons
- Lesson content for a coherent unit of work



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Building a School-wide Culture of Health & Fitness with Asha Riley

7pm – 8.30pm, Monday 7 October

Evidence suggests that exercise could be the single most powerful lifestyle intervention to improve the health and wellbeing of adolescents. This course identifies the practical steps that can be taken by schools to convey this message, cultivate positive pupil relationships with exercise and establish active habits that will last a lifetime. It is suitable for Directors of Sport, Heads of PE and anyone with responsibility to support positive health and wellbeing of pupils and staff within the context of school.

- Context surrounding the need for increased physical activity levels amongst pupils
- The benefits of regular exercise and the scale of the opportunity ahead
- Factors stalling progress of Health and Fitness culture in Independent Schools
- Effective programming and messaging to support an active school community
- How to make physical activity and exercise a habit for all, and always
- Tried and tested strategies for success



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Asha Riley is a teacher, lecturer, coach and advocate for girls' sport and exercise cultures in schools. She is the author of MOVE60, an innovative curriculum for Active Wellbeing, and teacher educator. A former England Lacrosse international, she played in the 2013 World Cup, and has worked in a range of schools in the UK and Asia.



Fuelling Performance: Nutrition in Schools for Sports, Health and Fitness with Dan Richardson MSc, SENr

7pm – 8.30pm, Wednesday 16 October

This innovative webinar will address the crucial role of nutrition education in sports, health, and fitness within the school environment. Drawing on the latest scientific research, this session will provide practical strategies for implementing optimal athletic nutrition and supporting the well-being of students heavily involved in sport. The session is packed with valuable resources and actionable insights designed to empower educators, coaches, and wellness professionals to promote healthy nutrition practices and support the holistic development of student athletes.

- Significance of Nutrition in School Sports, Health, and Fitness
- Latest Scientific Research on Optimal Athletic Nutrition
- Supporting Student Athletes with Balanced Nutrition and Hydration
- Incorporating Good Nutrition into Daily Routines
- Impact of Nutrition on Overall Health and Wellness
- Creating a Whole-School Strategy for Nutrition Education



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Girls' Sports Nutrition with Dan Richardson MSc, SENr

7pm – 8.30pm, Tuesday 3 December

This specialised course is dedicated to understanding and meeting the unique nutritional requirements of active females. Gaining insight into these specific needs is essential for optimising performance and supporting overall health. Blending insights into athletic development with a tailored approach to female nutrition, this course equips participants with the knowledge and tools needed to excel in their sport while prioritising female health.

- Understanding the Unique Nutritional Needs of Female Athletes
- Optimising Sports Performance with Tailored Nutrition
- Managing Menstrual Cycle Challenges Through Nutrition
- Empowering Informed Nutritional Choices



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**



Dan Richardson is a performance nutrition expert who supports elite and school-level athletes. He has worked as a nutritionist with teams such as Manchester City, Sale Sharks, Warrington Wolves and Leeds United. He adopts simple, evidence-based & food-first approach, focusing on utilising the latest nutrition research to support all students and athletes.

Maximising Athletic Development in Schools with Ryan Blake

7pm – 8.30pm, Wednesday 27 November

This course will provide understanding of how effective strength and conditioning can be delivered within lessons and games programmes, within a school context. It will provide teachers with confidence that their lesson content is safe and effective. Key topics will include the place of long term athlete development in youth training, explaining priorities and progressions achievable within the everyday constraints of academic environments.

- Key considerations for strength and conditioning with youth athletes
- Understanding physical literacy
- Structuring and implementing an LTAD pathway
- Navigating the challenges
- Achieving continuity of conditioning between school seasons
- Managing key stakeholders
- How technology can help
- Creating a workable programme within a school environment



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**



Ryan Blake is Head of Sport Science at St Paul's School, founder of Extreme Sports Performance. He is also a tutor for Strength & Conditioning Education, providers of courses that support organisations through their coach development pathway. Ryan has worked with British Tennis, England Badminton, England Cricket, British Cycling & Wakeboard UK supporting world champion athletes and Olympic medal winners. He is an accredited member of the NSCA and UKSCA.



Team Sports Nutrition with Dan Richardson MSc, SENr

7pm – 8.30pm, Wednesday 6 November

This comprehensive course is tailored to athletes, coaches, and nutrition enthusiasts seeking to optimise performance in team sports, while also considering athletic development. Whether you're involved in football, netball, rugby, hockey, or any other team sport, understanding the relationship between nutrition and athletic progression is vital for achieving peak performance.

By merging principles of sports nutrition with considerations for athletic development, this course equips participants with the tools needed to enhance performance, optimise recovery, and support overall health and well-being in the context of team sports. Whether you're a coach seeking to maximise your team's potential or an athlete aiming to gain a competitive edge, this workshop provides invaluable insights into the intersection of nutrition and athletic success.

- Fuelling Tactics and Performance Enhancement
- Distinguishing Training and Match Day Nutrition
- Planning Pre-Game Meals for Peak Performance
- In-Game Fuelling Techniques



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**

Concussion: Protecting your Players and the Future of Contact Sport in Schools with Dr Sam Barke

7pm – 8.30pm, Monday 10 February 2025

Concussion and the risks of contact sports is a topic that continues to present issues for school sport. Failure to properly acknowledge and manage the injury not only puts the health of the individual player at risk but also threatens the future of contact sports. In this session, sector expert Dr Sam Barke talks through the current landscape and how, if schools manage the injury well, the future doesn't have to be bleak.

- The current landscape – why isn't concern going away
- Back to basics – what is concussion and what are the risks?
- Recognising concussion and managing it well
- Where things go wrong
- The Future – is contact sport worth the risk?



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**



Sam Barke is Head of Sports Medicine at Return2Play and leads their Head Injury & Concussion Care service. He has been at the forefront of improving the management of head injuries in amateur sport and in children for the last 10 years. Alongside working in elite sport, Sam is sports doctor for a number of top independent schools.



Simplifying Strength and Conditioning for Teachers

with Will Ruscombe-King

7pm – 8.30pm, Thursday 6 February 2025

This online course will provide understanding, clarity and confidence to deliver effective strength and conditioning within PE lessons and games programmes. It will discuss key topics within long term athlete development and youth training, explaining what to prioritise and how to progress this within the everyday constraints of academic environments. It will also consider how to make the engaging and enjoyable for students to promote and develop improved performance, injury prevention and enjoyment.

- What are the key techniques and exercises for youth athletes
- How do you progress these, even without equipment
- How do you structure these across a school pathway
- How do you develop student engagement



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Will Ruscombe-King is the Lead Strength and Conditioning Coach at the University of Bristol. He has led and developed the S&C programme at the University, growing it from nothing into a large team of coaches, working across 15 sports and supporting over 15,000 attendances per year.

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Cricket for Girls: Beginners' Cricket Coaching with a Soft Ball

with Lydia Greenway OBE
7pm – 8.30pm, Wednesday 26 March 2025
7pm – 8.30pm, Thursday 15 May

This course is ideal for teachers who are new to delivering Cricket sessions, and are working with inexperienced and younger players. No previous experience of the game is necessary. It will introduce the basic techniques for batting, bowling and fielding, and show games and drills to maximise players' enjoyment and engagement. It will enable novice coaches to be confident of their lesson content and be capable of managing a school match.



- Basic techniques for Batting, Bowling and Fielding
- A catalogue of fun and engaging drills to practice the skills
- Different game types of games for various ages and abilities
- Running a Pairs Cricket game
- The basic rules of the game
- Understanding basic Cricket terminology
- Principal fielding positions
- Umpiring the game: relevant rules and signals



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Umpiring School Cricket

with Lydia Greenway OBE

7pm – 8pm, Thursday 20 March 2025
7pm – 8pm, Monday 19 May

This course is an introduction to umpiring school Cricket, providing the skills and knowledge to enable inexperienced teachers to confidently officiate a school match. This includes both the application of the laws, but also the management of the occasion to ensure a positive experience for all. The course includes video explanations and demonstrations covering everything the novice umpire needs to know.



- Applying the laws within the school game
- The role of the umpire
- Positioning
- Umpiring signals
- Ways batters can be out
- Understanding the 'appeal' in cricket and when it should be used
- Understanding run out at both ends
- Managing different match formats
- Combining umpiring with scoring



INDIVIDUAL **£55** SCHOOL **£125**

Zoom webinar runs 7pm to 8pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Lydia Greenway was one of England's leading female cricketers. She made 225 appearances for England in all formats of the game, in a 13 year career. She now coaches the elite women's game in the major franchise leagues, including Mumbai Indians and Sydney Sixers. Since retiring from playing, Lydia has founded and developed 'Cricket for Girls', which specialises in supporting schools and clubs in the development of the game for women and girls. She was awarded the OBE for Services to Cricket.



Cricket for Girls: Transitioning to the Hard Ball Game

with Lydia Greenway OBE

7pm – 8.30pm, Tuesday 18 March 2025
7pm – 8.30pm, Tuesday 6 May

This course will provide inexperienced teachers with the skills and knowledge they need to guide players into playing the hard ball game. It is suitable for teachers and coaches with some experience and a basic understanding of Cricket. It will illustrate the teaching approaches necessary to make the transition, and explain how relevant skills can be presented and developed.



- How to run a net session effectively
- The transition from soft to hard ball cricket
- Bowling the hard ball
- Batting shots and practices
- Progressive batting drills and techniques
- Introduction to protective equipment
- Fielding positions
- Field settings for different types of bowling
- Introduction to running between the wickets
- Teaching and coaching environments, including net practices
- Ensuring safety in a hard ball environment



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Coaching School Tennis with Emma Wells

7pm – 8.30pm, Thursday 20 March 2025
7pm – 8.30pm, Tuesday 13 May

This course is suitable for teachers with little experience of delivering Tennis sessions, who wish to embrace new approaches to enliven sessions and improve student performance. It is also appropriate for PE teachers seeking to improve and modernise lesson content. Content will include details of modern techniques, imaginative practices as well as doubles tactics for school tennis.

- Modern tennis techniques for School Tennis
- Practices, drills and games to improve performance
- Base technical teaching of all shots
- Managing large groups
- Small sides games for tennis
- Advanced techniques for improving players
- Tactics and strategies for doubles play



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Emma Wells is the Head of Coach Education for the Professional Tennis Registry, and she is the first female to hold this international director position. She is an experienced tutor and trainer for the LTA and PTR. She has worked closely with the LTA in developing the 'Tennis For Kids' programme from 2015-18 as well as managing the implementation of other LTA initiatives. She runs a Tennis Coaching Centre in South West London.



Coaching Basketball in Schools

with Mark Jarram

7pm – 8.30pm, Monday 2 December

Most schools include Basketball in their programmes. This course is designed for school coaches looking to refresh and improve their coaching. It is also suitable for PE teachers delivering Basketball classes. A range of Basketball activities will be shared through video analysis, diagrams and explanations. A competency checklist for technical, tactical and physical development for 12-18 years will be included, alongside relevant style of game and principles of play for each age and stage.

- Modern technique practices
- Drills for team practice
- Individual and team strategy
- Coaching different styles of play
- Principles of play
- Technical, tactical & physical development



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Mark Jarram is a professional Basketball coach of wide experience, and unrivalled success. He was Head Coach of the Loughborough University men's team for over ten years, and coached Leicester Riders in the British Basketball League. He has also worked with professional teams in USA and Europe. He has National Team experience coaching Great Britain U16s, U18s and U20s spanning five year period, attending multiple European Championships. He has been awarded Basketball 'Coach of the Year' three times.



This is a series of webinars by Martin Brockman, former international Decathlete and innovative coach educator. All have been extensively tested and refined within the school situation Each will cover a different dimension of Track and Field Athletics, explaining how these activities can be presented to children to ensure both engagement and progress They are suitable for teachers and coaches, and cover all content required for GCSE PE practical athletics.

Developing Sprinters and Hurdlers

NEW

with Martin Brockman

7pm – 8.30pm, Tuesday 6 May 2025

- Sprinting skills: Top drills for developing sprinting technique
- Sprint starts and accelerations: Principles of accelerations and setting the sprint start
- Hurdles Technique: Hurdle rhythm and lead and trail leg technique
- Incorporating sprinting within class lessons



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Teaching the Throwing Events

NEW

with Martin Brockman

7pm – 8.30pm, Tuesday 20 May 2025

- Throwing principles and developing a shared technique
- Shot Put: Developing the standing throw and introducing the glide technique
- Discus: Creating an effective release and learning to turn
- Javelin: Creating a tip-down landing and the cross-over approach



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

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INDIVIDUAL **£199** SCHOOL **£429**

Mastering the Jumping Events

NEW

with Martin Brockman

7pm – 8.30pm, Tuesday 13 May 2025

- Triple Jump: Teaching jumping and landing skills through the triple jump
- Long Jump: Mastering the takeoff and landing in the long jump
- High Jump: Teaching the Fosbury Flop technique to all ages and abilities
- Ensuring progress in technical activities



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Martin Brockman represented Great Britain in the decathlon for almost a decade, culminating in winning a bronze medal at the 2010 Commonwealth Games in Delhi and gold at the 2011 European Team Championships. With over 15 years of experience in coaching from grass-roots athletics to junior international athletes, he was the head of athlete development at the world-renowned Aspire Academy in Doha before creating Brockman Athletics where he develops teaching resources for schools and delivers bespoke CPD workshops to international schools all around the world.



SWIMMING



Modern Swimming Teaching in Schools

with Amy Smith and Joe Roebuck

7pm – 8.30pm, Thursday 7 November

This is a course for teachers of curriculum Swimming lessons who wish to update their subject knowledge and make lessons more relevant, varied and effective. It is also appropriate for coaches of school swimming teams, who are aspiring to improve the techniques of their swimmers.

This course will provide modern content to enable teachers to improve swimming lessons. It is suitable for teachers of swimming classes, and coaches of competitive swimmers. It will present extensive video analysis of each stroke, showing skill progressions and common mistakes. Teachers will be equipped to better understand effective techniques, diagnose faults and provide corrective practices.

- Techniques of the major strokes
- Full technical breakdown
- Common mistakes
- Deconstructing Techniques
- Starts, Dives and turns
- Benefit of Swimming aids



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Introducing Children to Swimming: From Non Swimmer to 25 metres

with Sam Helliwell

7pm – 8.30pm, Monday 14 October
7pm – 8.30pm, Tuesday 25 March 2025

This is a course for teachers of non-swimmers, and children learning to swim. Through extensive video analysis, this session will offer a breakdown of the components of modern learn to swim coaching techniques, as recommended by Swim England. This will enable teachers to be confident that their lesson content is both effective and contemporary.



- FUNDamental movement skills
- Overcoming hesitancy
- Core aquatic abilities
- Basic introduction to the swimming strokes
- Choosing and using the most effective equipment
- Lesson planning



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Sam Helliwell works within the Learn to Swim team with the National Governing Body for swimming, Swim England, as a Technical Aquatics Manager. He works closely with industry experts to provide a world-leading Swimming curriculum. Sam works with a wide range of lesson providers, from international schools, national operators to independent businesses. Sam continues to provide resources that support swimming teachers delivering Learn to Swim lessons across the UK and overseas.



FOOTBALL

Refereeing School Football Matches

NEW

with Andy Blight

7pm – 8.30pm, Thursday 28 November

This webinar is designed for school coaches who are required to referee Football matches at various levels. It will provide the knowledge, skills and strategies that inexperienced officials require, as well as an understanding of the fundamentals for refereeing school football matches. This will include a breakdown of essential communication skills and strategies for managing players, staff and parents.

- Understanding laws and expectations
- Managing players and behaviours
- Recognising and dealing with challenges on the field of play
- Building rapport with players, staff and parents
- Positioning on the field of play
- Communicating and signals
- Applying the basic laws
- Managing set-pieces



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Andy Blight is a UEFA A licence coach. He has extensive experience of coaching at all levels of the school game, and is a former manager of the England schools FA U18 team. He has worked extensively within the FA, as a coach educator and FA Talent ID tutor. He is an FA Talent ID scout for England schools” players.



VOLLEYBALL



Introduction to Teaching Volleyball

NEW

with Ryan Murphy

7pm – 8.30pm, Tuesday 26 November

This is a course for teachers who are delivering Volleyball but do not have extensive knowledge of the game. It will explain all the principal skills, and provide illustrated practices to introduce these to young players. Small sided games, suitable for mixed ability environments, will be included, building up to the full game, with an explanation of rules and basic tactics.

- Introducing basic skills
- Engaging practices for technique development
- Small sided games
- Understanding the rules
- Teaching volleyball within the PE curriculum
- Introducing team tactics
- Officiating matches of rules and basic tactics



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Ryan Murphy is Head Coach of England Under 17s Boys, leading them to two NEVZA international tournaments. Ryan is also Head coach at St. Mary’s University College Volleyball Club. As a player, Ryan was captain of the Ireland U20 Volleyball team and went on to represent Ireland men’s senior international team.



Preparing for an ISI Inspection of PE, Games and Co-Curricular Sport

NEW

with John Cox

7pm – 8.30pm, Monday 25 November

This webinar explains the implications of the new ISI Inspection Process (Framework 23), and what Directors of Sport can do to prepare for the process and excel within it.

- Similarities with, and differences from, previous inspection frameworks
- Identifying new requirements
- Clarifying and meeting expectations
- Understanding the hallmarks of excellence
- The key things a Director of Sport can do to prepare for, and manage the process



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



John Cox been an ISI Team Inspector since 2006. He is currently Senior Master and teacher of Psychology (A Level & IB) at Malvern College having previously been Director of Physical Education & Sport from 2000–15. In addition, he is a Visiting Tutor for the University of Buckingham

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Graduate Sports Assistant – Induction Training Online

with Richard Biggs and Neil Rollings

7pm – 8.30pm, Monday 16 September

This course is designed to prepare newly appointed graduates for the various demands of their role, and also for the more complex challenges of working in independent school sports and dealing with parents, pupils and staff. This will include preparation for coaching games in a choice of winter sports.

This is an online event, delivered through two pre-recorded sessions, plus two additional technical sports coaching sessions (choose two from Rugby, Hockey, Netball or Football).

Links for all sessions will be sent via email on Monday 16 September and will be viewable for 7 days.



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Richard Biggs was Headmaster of King's College, Taunton for more than 10 years. He was previously Deputy Head at Lancing College. Throughout his career he maintained a personal involvement in a wide range of co-curricular activities, including music and sports coaching, to reflect his belief in the importance of these activities and the benefits they bring.

The Director of Sport in a Prep School

with Chris Dossett

7pm – 8.30pm, Wednesday 13 November

7pm – 8.30pm, Thursday 27 February 2025

Sport in the prep sector faces its own unique challenges. This webinar aims to address these, and is suitable for teachers leading sport in these schools as well as those who aspire to do so. With pressures for both inclusivity and competitive success, the Director of Sport faces significant challenges in compiling a programme to meet all expectations. Parents can be intrusive, and resources often limited. This course considers the practical issues faced by prep school sport, and presents possible strategies and solutions.

- What makes prep school sport successful?
- The Director of Sport as a 360-degree leader
- Linking PE programmes with sport
- What does “Sport for All” mean?
- Should team games be compulsory?
- Stimulating engagement in less able pupils
- Establishing a foundation of physical literacy
- Clarifying and communicating priorities
- Identifying the best competitive programme
- Quality controlling teaching
- Performance and participation
- Meeting parental expectations
- Balancing performance with inclusivity
- The six outcome PE and games programme
- Building a communication strategy



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Habits That Make a Champion

NEW

with Allistair McCaw

7pm – 8.30pm, Monday 18 November

In this webinar, Allistair will share the 8 habits that are fundamental to success in all domains. These key steps set apart the highest achievers in their chosen fields: be it sports, leadership or education. Having worked with some of the world's most recognised leaders and coaches for over 30 years, Allistair has discovered how to plan and strive towards success.

- The 8 keys to success
- Why these 8 habits matter
- Defining your Identity
- The 5 steps to making an Impact
- Excellence vs Success – What's the difference?

WIN a personally signed copy of his book *Habits that Make a Champion!*



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



Allistair McCaw is a world renowned author and speaker, and is recognised as one of the world's foremost figures in leadership, team culture and performance. For over 25 years he has worked with some of the most successful people, teams, colleges and organizations in over 50 countries around the world. His books include *Lead with Purpose* and *Champion Minded*.



Applying to Become a Director of Sport

with Neil Rollings

7pm – 8.30pm, Tuesday 14 January 2025

Navigating the process of being appointed to a Director of Sport position requires a specific skill set, and dedicated approach. Many candidates underperform through lack of understanding of the process, or through inadequate preparation. This unique seminar is based on the experience of reading over 2500 letters of application, and conducting more than 200 interviews. It will enable candidates to present themselves at their best, and give themselves the optimum chance of success.

THE APPLICATION PROCESS

- Planning a career journey
- The applications funnel
- Reading Job Descriptions
- Letters and Forms
- Three Golden Rules
- Planning the letter of application
- Making a letter stand out

THE SELECTION PROCESS

- What to expect
- Understanding the process
- Planning interview performance
- Delivering presentations
- In-Tray exercises
- The practical session
- ‘Do you have any questions for us?’



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

EVC Training: Ensuring Compliance for Routine Visits with Everyday Risks

with Paul Bond FRGS

7pm – 8pm, Wednesday 26 February 2025
7pm – 8pm, Monday 12 May

This webinar provides guidance on ensuring compliance through adopting standard operating procedures. This enables schools to adopt current policies to cover low-risk learning activities.

The DfE defines Routine Visits as “those that involve no more than an everyday level of risk, such as for slips and trips, and are covered by a school’s current policies and procedures. They only need a little extra planning beyond the educational aspect of the trip and can be considered as a lesson in a different classroom”.

- Understanding the landscape
- Categorising the ‘low risk’ activities
- Understanding the implications of ‘Routine Visits’
- Amending and adopting existing policies
- Implications for schools
- Applying best practice
- Considering the implications of case studies



INDIVIDUAL **£55** SCHOOL **£125**

Zoom webinar runs 7pm to 8pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Paul Bond is the former Chair for London and South East for the Outdoor Education Advisory Panel (OEAP) and sat on the National Executive Committee. He has 30 years of experience in the outdoor industry in both the voluntary and the statutory sector as a practitioner and adviser.



Record and Analyse sport with Veo Technology

The Veo Technology Team

7pm – 8.30pm, Monday 3 February 2025

This unique webinar allows Veo users to make the most of this technology to support development of players and teams in the school sport environment.

In collaboration with **veo**

Veo is a simple and portable camera that automatically records and live-streams sports. It is supported by a state-of-the-art analysis platform, powered by AI, and is extensively used in schools.

Veo has recently introduced the Veo Cam 3. This third-generation camera seamlessly combines technological advancement with reliability, remaining portable and integrated for ease of use. Users can experience an improved control range, allowing camera control and instant playback on the phone without proximity limitations.

- Understanding and operating Veo
- Maximising the benefits of Veo to coach and school
- Getting the most out of the technology
- Analyse Sport using Veo; the basic features
- Advanced features for experienced users
- The new third-generation camera; technological updates and player spotlight
- Q&A: The opportunity to ask the Veo team anything else you need to know!



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.

Staffing the Co-Curricular Programme

with Neil Rollings

7pm – 8.30pm, Tuesday 21 January 2025

Co-Curricular activities are central to the culture and business case of most schools. There are long-established traditions and expectations of provision. However, at a time when facilities for these activities have never been better, it is ironic that staffing these activities is more complex than ever. A perfect storm of factors is making many staff less generous with their discretionary effort, and historic expectations of teachers are being challenged.

This new webinar is aimed at Co-Curricular leaders, and others responsible for staffing the co-curricular programme. It will address the issues that schools face, consider industry trends and case studies and present a framework for strategic evaluation future provision.

- Understanding the perfect storm
- The shifting dynamic of supply and demand
- Contractual expectation v discretionary effort
- Legitimate curriculum extension expectations
- The particular problems of sports provision
- Avoiding a culture of adding
- Evaluating future requirements
- Reward and recognition models
- The future of co-curricular staffing



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. Recording available for 48 hours.



The Ultimate Course For Aspiring Directors of Sport with Neil Rollings

Weekly Tuesday 8 October – Tuesday 19 November

This five-part, online, course provides everything necessary to maximise applications for these positions. The first two Units will explain the role of the Director of Sport as leader, cultural architect and quality controller: the third will consider programme issues and priorities. The final two sessions will consider all dimensions of the job application and selection process to enable candidates to present themselves at their very best. This unique content results from the experience of making more than 50 Director of Sport appointments, conducting over 200 interviews and reading nearly 2000 letters of application.

This course will be run once in the 2024/2025 year, specifically for people intending to apply for these jobs in the future. Numbers are strictly limited.

UNIT ONE

Tuesday 8 October

The Director of Sport as a Leader

UNIT TWO

Tuesday 15 October

Culture Building And Quality Control

UNIT THREE

Tuesday 5 November

Managing Programme Issues

UNIT FOUR

Tuesday 12 November

Applying for jobs: Rules of the Game, Forms and Letters

UNIT FIVE

Tuesday 19 November

Optimal Performance In The Selection Process



INDIVIDUAL **£299**

For all five Modules. Not available separately. All webinars run 7pm to 8.30pm. All prices exclude VAT. **These webinars are not recorded.**

Succeeding as a Head of a Sport with Neil Rollings

7pm – 8.30pm, Thursday 14 November

This webinar is intended for aspiring or recently appointed heads of a sport in a school. It will consider the priorities for these roles, and how these have changed in recent years. Participants will be prepared for managing the contemporary challenges in school sport, and developing creative solutions to common problems. It is suitable for leaders of any sports programme in a school.

- The role of the modern head of a sport
- Establishing standards, values and behaviours
- Leading a sports programme in a school
- Building a culture of commitment
- Clarifying what success looks like
- Creating a school-wide coaching philosophy
- Supporting high performance
- The workforce of school sport
- Retaining a critical mass of players
- Controlling the quality of the experience
- Creating a competition programme
- Meaningful communications



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**



*Early Bird Discount does not apply to British Gymnastics and Trampoline courses



New to Running a School Sports Team with Neil Rollings

7pm – 8.30pm, Tuesday 24 September

This new course is intended for teachers and coaches who will be running school sports teams for the first time. It will cover everything that a novice team coach needs to know in managing a happy and successful team that makes progress and leaves players wanting to come back the year after. This includes managing opportunities, communicating with parents and developing players through creative, effective coaching.

- What does it mean to be a school team?
- Making it a 'great game'
- Creating an inclusive environment
- Communicating with parents
- Inspiring, and rewarding, commitment to the team
- Structuring effective coaching sessions
- Managing the match day
- Developing character through school sport



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**

Leading High Performance Cultures with Professor Damian Hughes

NEW

7pm – 8.30pm, Thursday 16 January 2025

This is a unique session explaining how the highest-performing people successfully lead high performance cultures. It provides practical advice on how leaders of school sport can achieve the most effective leadership outcomes. Featuring interviews with record-setting athletes, Olympic coaches and leading business founders, Damian Hughes will introduce the five simple steps that take participants from where they are – to where they want to be. It will include cutting-edge research explaining why surprisingly simple tools are so effective.

- Dream: imagining the culture you want
- Climb: how to create momentum
- Leap: daring to go after it
- Arrival: what happens next?
- Fight: how to reframe the inevitable setbacks that occur



INDIVIDUAL **£69** SCHOOL **£149**

Zoom webinar runs 7pm to 8.30pm. School subscription allows up to 5 members of staff. All prices exclude VAT. **Recording available for 48 hours.**

Damian Hughes is the co-host of 'The High Performance Podcast', in which he has interviewed elite performers from sport, business and the arts, exploring the psychology behind elite performance. He has been a member of the coaching team for England Roses and Scotland Rugby Union. He is an author of 8 best-selling books, and is a Professor of Organisational Behaviour and Change at Manchester Metropolitan University.



FACE TO FACE TRAINING AT A GLANCE

ATHLETICS		
School Athletics Masterclass	17	Fri 14 Mar 2025 Crystal Palace Sports Centre
Fri 21 Mar		Chelmsford Sports Centre
Fri 2 May		ACS International School, Cobham
Fri 9 May		Lee Valley Athletics Centre, London
Fri 16 May		Bedford International Athletics Stadium
BADMINTON		
Inspiring Badminton Teaching and Coaching	13	Mon 18 Nov Surrey Sports Park, Guildford
BASKETBALL		
Introducing and Developing School Basketball	18	Fri 7 Feb 2025 Hertfordshire Sports Village
CRICKET		
Cricket Coaching and Umpiring for Inexperienced Coaches	16	Fri 24 Jan 2025 Queen Anne's, Caversham
Fri 14 Mar 2025		Dragon School, Oxford
Fri 17 Mar 2025		Uppingham School, Leicestershire
Wed 30 Apr		Gordon's School, Surrey
Introduction to Softball Cricket	16	Mon 17 Mar 2025 Heathfield School, Ascot
Thu 8 May		Bloxham School, Oxford
Making the Transition to Hardball	16	Mon 24 Mar 2025 Berkhamsted School, Herts
Fri 2 May		James Allen's Girls' School, S London
DANCE		
Teaching Primary Curriculum Dance	17	Tue 26 Nov Berkhamsted School, Herts
FOOTBALL		
Beginners Football Coaching for Schools	15	Mon 11 Nov Gordon's School, Surrey
Intermediate Football Coaching	15	Tue 12 Nov Bloxham School, Oxford
Introducing Girls' Football	15	Thu 7 Nov ACS International School, Cobham
FUTSAL		
Beginners Futsal Coaching	14	Thu 16 Jan 2025 Surrey Sports Park, Guildford
GOLF		
Leaders of Golf in Independent Schools	13	Mon 18 Nov The Oxfordshire Golf Resort
GYMNASTICS		
Intermediate Level: Skills for Secondary Schools	11	Wed 20 and Thu 21 Nov Guildford Spectrum, Sr
Thu 27 and Fri 28 Feb 2025		Guildford Spectrum, Sr
Tue 25 and Wed 26 Mar		Longridge GC, Preston
Intermediate Primary Level: Skills for Primary Schools	11	Thu 7 and Fri 8 Nov Guildford Spectrum, Surrey
Introductory Level: Teaching Gymnastics to Key Stage Two	11	Tue 19 Nov Guildford Spectrum, Surrey
Wed 26 Feb 2025		Guildford Spectrum, Surrey
Mon 24 Mar		Longridge GC, Preston
HOCKEY		
Coaching 7-a-Side Hockey	8	Tue 12 Nov Wycliffe School, Gloucestershire
Thu 14 Nov		Southgate Hockey Club, London
Improving the Best Players	9	Fri 8 Nov Gordon's School, Surrey
Hockey Coaching and Umpiring for Beginners	8	Thu 26 Sep Uppingham School, Leicestershire
Thu 7 Nov		Reigate Grammar, Surrey
Mon 18 Nov		Bloxham School, Oxford
Thu 30 Jan 2025		Gordon's School, Surrey
INTERMEDIATE HOCKEY COACHING		
Intermediate Hockey Coaching	9	Fri 4 Oct Uppingham School, Leicestershire
Fri 22 Nov		Charterhouse School, Surrey
UMPIRING SCHOOL HOCKEY		
Umpiring School Hockey	9	Wed 13 Nov Southgate Hockey Club, London
Wed 22 Jan 2025		Bloxham School, Oxford
LACROSSE		
Lacrosse Coaching and Umpiring for Beginners	17	Mon 14 Oct Haileybury School
NETBALL		
17th Annual National Schools' Netball Coaching Conference	3	Mon 2 Dec Surrey Sports Park, Guildford
Dominating Mid Court Play	4	Fri 22 Nov Bloxham School, Oxford
Fri 24 Jan 2025		Queen Anne's, Caversham
National Prep Schools' Netball Conference	4	Tue 28 Jan 2025 Surrey Sports Park, Guildford
Netball Attack Masterclass	3	Thu 21 Nov Gordon's School, Surrey
Thu 31 Jan 2025		Bloxham School, Oxford
Netball Coaching for Beginners	3	Fri 15 Nov Uppingham School, Leicestershire
Mon 25 Nov		Dragon School, Oxford
Mon 13 Jan 2025		Gordon's School, Surrey
Netball Defence Masterclass	4	Fri 15 Nov Reading Blue Coat School, Berkshire
Fri 7 Feb 2025		James Allen's Girls' School, London
Umpiring School Netball	4	Fri 6 Dec Bloxham School, Oxford
PHYSICAL EDUCATION		
National Conference for Heads of Physical Education	10	Thu 6 Feb 2025 Leonardo Royal Hotel, Oxford
PRIMARY PE		
Conference of PE in Early Years and Key Stages 1 and 2	10	18 Mar 2025 Dragon School, Oxford
Successful Games Teaching in Key Stages 1 and 2	10	Mon 14 Oct Bishop's Stortford College, Herts
RUGBY		
Beginners' Rugby Coaching and Refereeing (15-a-side)	5	Tue 15 Oct Abingdon School, Oxford
Wed 13 Nov		Reigate Grammar School, Surrey
Beginners Rugby Sevens for Under 12 and Under 13	5	Fri 24 Jan 2025 Gordon's School, Surrey
Coaching and Refereeing Age Grade Rugby (U9 to U12)	6	Thu 14 Nov Esher Rugby Club, Surrey
Thu 19 Nov		Wycliffe School, Gloucestershire
Coaching Lower Ability Rugby	8	Thu 21 Nov Newbury Rugby Club, Berkshire
Intermediate Rugby Coaching in Schools	6	Fri 11 Oct Uppingham School, Leicestershire
Introducing and Coaching Girls' Rugby	6	Fri 8 Nov Uppingham School, Leicestershire
National Conference for Heads of Rugby in Schools	5	Mon 11 Nov Allianz Stadium, London
National Prep Schools' Rugby Conference	7	Thu 10 Oct Abingdon School, Oxford
Refereeing Age Grade School Rugby	7	Thu 7 Nov Esher Rugby Club, Surrey
Rugby Sevens Masterclass	7	Thu 30 Jan 2025 Bloxham School, Oxford
SEMINARS		
Conference for Leaders of School Sport in Scotland	22	Thu 19 Sep The Glasgow Academy
Defining Success in School Sport	21	Thu 28 Nov Leonardo Hotel London Watford
Developing and Managing a Sports Scholarship Programme	20	Thu 7 Nov Hilton London Olympia
Fri 28 Feb 2025		Holiday Inn, Guildford
Thu 5 Jun 2025		Midlands
The Director of Rugby in an Independent School	20	Fri 11 Oct Leonardo Royal Hotel, Oxford
The Director of Sport in an Independent School	20	Mon 25 Nov Hilton Leeds City Centre
Thu 28 Nov		Hilton London Olympia
Tue 17 Jun 2025		Crowne Plaza Reading East
The Director of Sport in a Prep School	19	Tue 19 Nov Holiday Inn, Guildford
Tue 10 Jun 2025		Leonardo Royal Hotel, Oxford
Educational Visits Co-ordinators Update Training	18	Thu 14 Nov Holiday Inn, Guildford
The Head of Cricket in an Independent School	22	Tue 4 Feb 2025 Leonardo Royal Hotel, Oxford
The Importance of Self-Awareness in Leadership	19	Mon 25 Nov Leonardo Royal Hotel, Oxford
Tue 18 Mar		Crowne Plaza Reading East
Mon 9 Jun		Holiday Inn, Guildford
Managing Staff in School Sport	22	Thu 21 Nov Leonardo Royal Hotel, Oxford
Thu 19 Jun 2025		London
National Conference for Educational Visits Co-ordinators	18	Thu 13 Feb 2025 Leonardo Royal Hotel, Oxford
National Conference for Leaders of Co-Curricular Activities	21	Wed 27 Nov Hilton London Olympia
Seminar for Co-Curricular Deputy Heads	21	Fri 7 Nov Leonardo Royal Hotel, Oxford
Fri 7 Feb 2025		Clayton Hotel, Manchester
Thu 27 Feb		Hilton London Olympia
Thu 12 Jun		Holiday Inn Guildford
SWIMMING		
Coaching Swimming in Schools	13	Thu 23 Jan 2025 Berkhamsted School, Herts
Introducing Children to Swimming: From non swimmer to 25m	13	Tue 19 Nov Farleigh School, Hampshire
Tue 28 Jan 2025		Bishop's Stortford College, Herts
Tue 29 Apr		Dragon School, Oxford
TENNIS		
Coaching School Tennis	14	Thu 11 Mar 2025 White Horse Tennis Centre, Oxford
Mon 29 Apr		Sutton Tennis Centre
TRAMPOLINING		
British Gymnastics Teachers' Award: Level 1	12	Wed 20 & Thu 21 Nov Guildford Spectrum, Surrey
Mon 24 & Tue 25 Feb 2025		Guildford Spectrum, Sr
British Gymnastics Teachers' Award: Level 2	12	Thu 28 and Fri 29 Nov Guildford Spectrum, Surrey
British Gymnastics Teachers Trampoline Refresher Award	12	Mon 14 Oct Guildford Spectrum, Surrey

ONLINE TRAINING AT A GLANCE

ATHLETICS		
Developing Sprinters and Hurdlers	35	7pm - 8.30pm, Thu 17 Oct
7pm - 8.30pm, Tue 6 May 2025		
Mastering the Jumping Events	35	7pm - 8.30pm, Thu 23 Jan 2025
7pm - 8.30pm, Tue 13 May 2025		
Teaching the Throwing Events	35	7pm - 8.30pm, Tue 20 May 2025
BADMINTON		
Coaching Dynamic Badminton in Schools	28	7pm - 8.30pm, Tue 26 Nov
7pm - 8.30pm, Wed 26 Feb 2025		
BASKETBALL		
Coaching Basketball in Schools	35	7pm - 8.30pm, Mon 2 Dec
CRICKET		
Advanced Cricket Coaching: Transitioning to Hard Ball Cricket	34	7pm - 8.30pm, Tue 18 Mar 2025
7pm - 8.30pm, Tue 6 May		
Beginners Cricket Coaching	34	7pm - 8.30pm, Wed 26 Mar 2025
7pm - 8.30pm, Thu 15 May		
Umpiring School Cricket	34	7pm - 8.30pm, Thu 20 Mar 2025
7pm - 8.30pm, Mon 19 May		
DANCE		
Dance in the Primary Curriculum	32	7pm - 8.30pm, Thu 16 Jan 2025
Dance in the Secondary PE Curriculum	32	7pm - 8.30pm, Mon 27 Jan 2025
FOOTBALL		
Refereeing School Football Matches	36	7pm - 8.30pm, Thu 28 Nov
GYMNASTICS		
Gymnastics in Schools at Key Stage 2 and 3	31	7pm - 8.30pm, Tue 3 Dec
7pm - 8.30pm, Thu 13 Feb 2025		
Progressing Gymnastics Skills	31	7pm - 8.30pm, Tue 10 Dec
7pm - 8.30pm, Thu 13 Mar 2025		
HEALTH & FITNESS		
Building a School-wide Culture of Health and Fitness	32	7pm - 8.30pm, Mon 7 Oct
Concussion: Protecting your Players and the Future of Contact Sport in Schools	33	7pm - 8.30pm, Mon 10 Feb 2025
Fuelling Performance: Nutrition in Schools for Sports, Health and Fitness	32	7pm - 8.30pm, Wed 16 Oct
Girls' Sports Nutrition	33	7pm - 8.30pm, Tue 3 Dec
Maximising Athletic Development in Schools	33	7pm - 8.30pm, Wed 27 Nov
Simplifying Strength and Conditioning for Teachers	34	7pm - 8.30pm, Thu 6 Feb 2025
Team Sports Nutrition	33	7pm - 8.30pm, Wed 6 Nov
HOCKEY		
Coaching 7-a-Side Hockey	27	7pm - 8.30pm, Thu 28 Nov
A Dictionary of Effective Drills for Hockey	28	7pm - 8.30pm, Thu 3 Oct
7pm - 8.30pm, Thu 14 Nov		
HOCKEY COACHING FOR BEGINNERS		
Hockey Coaching for Beginners	27	7pm - 8.30pm, Thu 17 Oct
7pm - 8.30pm, Wed 20 Nov		
7pm - 8.30pm, Thu 23 Jan 2025		
Penalty Corner Attack; Understanding the Most Effective Strategies	27	7pm - 8.30pm, Wed 6 Nov
7pm - 8.30pm, Wed 22 Jan 2025		
Team Defence: How to Stop Conceding Goals!	27	7pm - 8.30pm, Thu 7 Nov
7pm - 8.30pm, Wed 29 Jan 2025		
Transitions into Possession	28	7pm - 8.30pm, Wed 13 Nov
7pm - 8.30pm, Thu 6 Feb 2025		
Umpiring School Hockey	28	7pm - 8.30pm, Thu 10 Oct
7pm - 8.30pm, Wed 27 Nov		
7pm - 8.30pm, Mon 20 Jan 2025		
NETBALL		
A Dictionary of Effective Drills for Netball	23	7pm - 8.30pm, Wed 20 Nov
Centre Pass Defence Masterclass	23	7pm - 8.30pm, Thu 7 Nov
Coaching Skills and Strategies for Netball	24	7pm - 8.30pm, Wed 27 Nov
7pm - 8.30pm, Wed 29 Jan 2025		
Netball: The Defensive End	24	7pm - 8.30pm, Wed 4 Dec
7pm - 8.30pm, Wed 5 Feb 2025		
Umpiring School Netball	23	7pm - 8pm, Wed 9 Oct
7pm - 8pm, Mon 11 Nov		
7pm - 8pm, Wed 15 Jan 2025		
Understanding & Developing the Shooters	24	7pm - 8.30pm, Mon 27 Jan
PHYSICAL EDUCATION		
Analysis of Chief/Principal Examiner Reports for GCSE PE	30	7pm - 8.30pm, Tue 19 Nov
7pm - 8.30pm, Tue 19 Jun 2025		
Edexcel GCSE PE: Improving the NEA	30	7pm - 8.30pm, Thu 27 Feb 2025
Edexcel GCSE PE: Improving Student Performance in Papers One and Two	29	7pm - 8.30pm, Tue 25 Feb 2025
Succeeding in GCSE & A-Level PE Coursework	29	7pm - 8.30pm, Mon 14 Oct
7pm - 8.30pm, Mon 20 Jan 2025		
Improving Outcomes in GCSE PE	30	7pm - 8.30pm, Tue 15 Oct
Teaching High Quality Examination PE	279	7pm - 8.30pm, Thu 21 Nov
7pm - 8.30pm, Wed 12 Mar 2025		
PRIMARY PE		
Outdoor Play in the Early Years	31	7pm - 8.30pm, Tue 28 Jan 2025
7pm - 8.30pm, Mon 9 Jun		
PE in The Early Years	30	7pm - 8.30pm, Mon 11 Nov
7pm - 8.30pm, Mon 10 Mar 2025		
PE in Key Stage One	31	7pm - 8.30pm, Mon 18 Nov
7pm - 8.30pm, Wed 12 Mar 2025		
TENNIS		
Coaching School Tennis	35	7pm - 8.30pm, Thu 20 Mar 2025
7pm - 8.30pm, Tue 13 May		
VOLLEYBALL		
Introduction to Teaching Volleyball	36	7pm - 8.30pm, Tue 26 Nov
RUGBY		
Beginners Rugby Coaching	25	7.30pm - 9pm, Tue 8 Oct
Beginners Rugby Sevens for Under 12 and Under 13	26	7pm - 8.30pm, Mon 13 Jan 2025
Coaching Attacking Rugby	25	7pm - 8.30pm, Thu 28 Nov
Coaching and Refereeing Age Grade Rugby: Under 9 to Under 12	25	7pm - 8.30pm, Wed 16 Oct
Contemporary Sevens for School Coaches	25	7pm - 8.30pm, Tue 21 Jan 2025
A Dictionary of Skill Drills for School Rugby Coaches	26	7pm - 8.30pm, Wed 6 Nov
The Essential Guide to Coaching Contact Skills	26	7.30pm - 9pm, Tue 12 Nov
Refereeing School Rugby	24	7pm - 8.30pm, Tue 26 Sep
Tackle Technique	26	7pm - 8.30pm, Wed 9 Oct
SEMINARS		
Applying to Become a Director of Sport	38	7pm - 8.30pm, Tue 14 Jan 2025
The Director of Sport in a Prep School	37	Wednesday 13th November
EVG Training: Ensuring Compliance for Routine Visits with Everyday Risks	38	7pm - 8pm, Wed 26 Feb 2025
7pm - 8pm, Mon 12 May		
Graduate Sports Assistant - Induction Training Online	37	7pm - 8.30pm, Mon 16 Sep
Habits That Make a Champion	37	7pm - 8.30pm, Mon 18 Nov
Leading High Performance Cultures	39	7pm - 8.30pm, Thu 16 Jan 2025
Succeeding as a Head of Sport	39	7pm - 8.30pm, Thu 14 Nov
New to Running a School Sports Team	39	7pm - 8.30pm, Tue 24 Sep
Preparing for an ISI Inspection of PE, Games and Co-Curricular Sport	37	7pm - 8.30pm, Mon 25 Nov
Record and Analyse sport with VEO Technology	38	7pm - 8.30pm, Mon 3 Feb 2025
Staffing the Co-Curricular Programme	38	7pm - 8.30pm, Tue 21 Jan 2025
The Ultimate Course For Aspiring Directors of Sport	39	Weekly 8 Oct - 19 Nov
SWIMMING		
Introducing Children to Swimming: From Non Swimmer to 25 metres	36	7pm - 8.30pm, Mon 14 Oct
7pm - 8.30pm, Tue 25 Mar 2025		
Modern Swimming Teaching in Schools	36	7pm - 8.30pm, Thu 7 Nov

Dates, venues, course content and presenters correct at time of going to press. We reserve the right to make changes to dates, venues, course content or presenters in the event of unforeseen circumstances. Should you need to cancel a booking, we require a minimum of 10 working days' notice. Prices subject to VAT. Full terms and conditions can be found on our website.