

Course:	Coordination and Control
Course Type:	CPD For Coaches
Course Fee:	Free to Scottish Rowing Members/ £25 non SR member
Date:	10 th September 2018
Venue:	Scottish Rowing Scottish Rowing Centre 366 Hamilton Road Motherwell ML1 3ED Tel: 01698 250206
Start Time:	6pm
Finish Time:	9pm
Workshop duration:	3 hours
Workshop focus:	Session Coaches and Club Coaches (Level 2)
Number of candidates	20

Coordination and control

Introduces how the coaching process and the environment a coach creates can impact upon the following:

- Coordination and Control
- The likelihood for skill exploration
- The number of 'trials' and feedback experienced
- Skill retention and transfer
- An understanding of the importance of errors,
- Maintaining a level of skill performance under pressure
- How an athlete adapts and learns given number of trials and their understanding of errors
- Introduce 2 laws of movement (influencing movement time/reaction time) and how these laws impact upon coach and athlete behaviour.

Find out more by watching this short intro video to the topic: <https://youtu.be/O73jkJWbSDU>

Booking for this workshop is to be made through the Scottish Rowing membership system. Places are free for Scottish Rowing licence holders. [Click here to go directly to the course booking page.](#)