## PEICA/Curl Atlantic The Podium Project

## **Coaches Workshop with Pat Reid**

## Sat & Sun 3 & & 4 Dec, 2011

Date & Time	Session	Location	Presenter/Instructors
Saturday 3 Dec	Welcome & Introductions, Camp Overview	Classroom	Gayle Johnston
8:30-9:00	What is the Podium Project		
9:00 – 9:45am	Long Term Athlete Development	Classroom	Jamie Whynacht
9:45 - 10:00am	Nutrition Break	Classroom	
10:00 – 10:45am	Age Appropriate Practice & Season Planning -	Classroom	Pat Reid
10:45 – 11:00am	Change Up/Warm Up	Lounge area	
11:00 – 12:00am	Executing Practice Session	On Ice	Pat Reid
12:00-1:00	Lunch Break		
1:00 - 2:00	Coaching Philosophy & Practices	Classroom	Pat Reid
2:00 – 2:15pm	Coaches Profile & Assessment Form		All coaches/Gayle
2:15 – 3:00pm	Talent Identification/Team Dynamics	Classroom	Pat/
3:00 – 3:15pm	Nutrition Break		
3:15 – 4:15pm	On Ice Technology video, lasers etc	On Ice	Pat, David Ross, Ron Matters
4:15 – 4:30	Q & A and Wrap Up		Pat/Gayle
Sunday 4 Dec			
9:00 – 9:15am	Announcements, Q & A	Classroom	Gayle
9:15 – 10:00am	Team & Parents/Duties, Responsibilities,	Classroom	Pat
	Communication		
10:00 – 11:00am	Detect & Correct Drills	On Ice	Pat & Assistants
	Skill & Game Drills		
11:00 – 11:15am	Nutrition Break	Classroom	
11:15 – 12:00am	Pat & or Coaches Choice	Class & or on	
12:00 – 12:30am	Q & A /Camp Evaluation/Wrap up	ice	
		Classroom	
Sunday 4 Dec	Coaches for advanced Junior and Adult teams		
1:00 – 2:00pm	General – Coaching Practices & Team	Classroom	Pat Reid
	Dynamics		
2:00 – 2:45	On ice Practice Session	On Ice	Pat
2:45 – 3:00	Nutrition Break		
3:00 – 3:45	Technical Session – equipment, video analysis	Class & On Ice	Pat, David, Ron
	program, cameras, lasers		
3:45 – 4:30	Detect & Correct Drills – skill & games drills	On Ice	Pat & Assistants
	(Stations)		
4:30 - 5:00 pm	Q & A /Camp Evaluation/ Wrap Up	Classroom	Pat/Gayle
'			•