

Time for reflections – creating effective learning environments

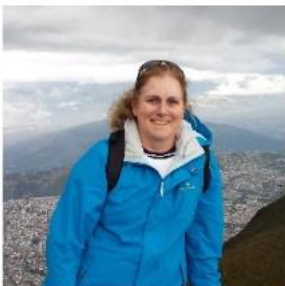
Abstract

Coaches perform a vital role in an athlete's love of sport and acquisition of the skills necessary for performance. This workshop will explore some of the factors involved in creating effective learning environments to optimise athlete development and learning in various contexts. We will consider the influence of motivational climate, mindset, goals, instructional approaches, and types of practice activities on athlete engagement and learning. In addition, we will explore the role of a 'critical friend' and how they can guide coach self-reflection and enhance self-awareness. Examples will be provided of the coaching behaviours and practice activities of coaches from various football codes at the youth and senior level as well as strategies to consider when planning your next practice session

Further information:

This workshop is open for a maximum number of 20 attendees.

Information about the workshop leader



Donna O'Connor is a professor of sports coaching and the course coordinator of the sports coaching program and HPE degree at the University of Sydney. Her research examines the effectiveness of sports coaching practices and the experiences of athletes and coaches in both youth and high-performance contexts. A former strength and conditioning coach with elite sports teams, she consults with various sporting organisations, teams, and schools. Donna is currently a member of the World Congress Science and Football Steering Committee and the International Council for Coaching Excellence Research committee.