



Dear British,

Welcome to the late Autumn 2018 edition of the Coach Digest.

BF COACHING FRAMEWORK

PRICELESS Principles

Creating a successful learning environment is critical to delivering high quality courses. BF Coach Developers need to create an environment that is supportive, enjoyable and enables learners to achieve success. [Read More.](#)

COACHING UPDATES

Foil Coding - an example.

Performance Analysis is the provision of objective feedback to players and coaches to enable a positive impact on performance. Essentially, it is about telling the player and coach what.... [Read More](#)

Leadership in Fencing Course

Developed in 2017, the aim of the course is to provide young people with the opportunity to develop their leadership skills, using fencing to enable them to lead and facilitate fun activities in the community. [Link to news item.](#)

The course is under-pinned by Self Determination Theory, which is explained



in the attached video clip.

COACHING ARTICLES

Observing how experts practice

What makes the elite athlete expert? Do they practice differently to those who are less skilled? Researcher, Edward Coughlan and colleagues observed the way expert Gaelic football players practiced key skills and compared this to a group of intermediate players.

[Read More](#)

Youth Physical Development Module

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																					
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+	
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD				ADOLESCENCE					ADULTHOOD								
GROWTH RATE	RAPID GROWTH			STeady GROWTH				ADOLESCENT SPURT					DECLINE IN GROWTH RATE								
MATURATIONAL STATUS	YEARS PRE-PHV						PHV	YEARS POST-PHV													
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)						COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)														
PHYSICAL QUALITIES	FMS	FMS	FMS																	FMS	
	SSS	SSS	SSS																		SSS
	Mobility	Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility	
	Agility	Agility		Agility		Agility		Agility		Agility		Agility		Agility		Agility		Agility		Agility	
	Speed	Speed		Speed		Speed		Speed		Speed		Speed		Speed		Speed		Speed		Speed	
	Power	Power		Power		Power		Power		Power		Power		Power		Power		Power		Power	
	Strength	Strength		Strength		Strength		Strength		Strength		Strength		Strength		Strength		Strength		Strength	
Endurance & MC	Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		Endurance & MC		
TRAINING STRUCTURE	UNSTRUCTURED	LOW STRUCTURE		MODERATE STRUCTURE		HIGH STRUCTURE		VERY HIGH STRUCTURE													

The development of physical fitness in young athletes is a rapidly expanding field of interest for strength and conditioning coaches, physical educators, sports coaches, and parents. Previous long-term athlete development models have classified youth-based training methodologies in relation to chronological age groups, an approach that has distinct limitations. [Read More](#)

Insights from performance coaches

A great question to South Carolina Basketball Coach, Frank Martin [Click Here](#)

Player insight from British and Irish Lions Coach, Warren Gatland [Click here](#)

COACHING NEWS

- Congratulations to Ian Lichfield and Richard Lloyd-Jones, who have both recently been accepted onto UK Coaching, Performance Coaching Foundation Programme
- Tim Hollingsworth (CEO British Paralympic Association) has been appointed Chief Executive of Sport England
- UK Coaching has officially opened a public vote for the Great Coaching Moment of the Year award category as part of its UK Coaching Awards. Vote here <https://www.ukcoaching.org/about/our-awards>



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