

### [Presentation Materials from Past Continuing Coach Education \(CCE\) Workshops](#)

Please click the embedded links to access the (a) workshop video and / or (b) the workshop presentation materials:

S/N	Workshop Date(s)	Workshop Title and Video	Presentation Materials
1	26 Feb 2020	Sports Nutrition and Sleep Science for Sports Coaches	1. <a href="#">ABCs of ZZZs for Coaches</a> 2. <a href="#">The Fuels of Engagement – Applying Science to Performance</a>
2	17 Mar 2020	Best Practices in Football Conditioning	<a href="#">Best Practices in Football Conditioning</a>
3	27 Apr 2020	<a href="#">Motivational Monday with Andrew Boey</a>	<a href="#">Motivational Monday with Andrew Boey</a>
4	29 Apr 2020	<a href="#">Designing e-Lesson</a>	<a href="#">Design eCoaching Session</a>
5	30 Apr 2020 and 12 May 2020	<a href="#">eCoaching Platforms</a>	<a href="#">eCoaching Platforms</a>
6	4 May 2020	<a href="#">Motivational Monday with Randell Siow</a>	<a href="#">Motivational Monday with Randell Siow</a>
7	6 May 2020	<a href="#">Designing a Word Up Challenge</a>	<a href="#">Designing a Word Up Challenge</a>
8	8 May 2020	<a href="#">The Mindset Coach</a>	<a href="#">The Mindset Coach</a>
9	11 May 2020	<a href="#">Motivational Monday with Balázs Babella and Davide Bertoli</a>	Motivational Monday with Balázs Babella and Davide Bertoli
10	14 May 2020	<a href="#">Building Your Coaching Profile</a>	<a href="#">Building Your Coaching Profile</a>

S/N	Workshop Date(s)	Workshop Title and Video	Presentation Materials
11	18 May 2020	<a href="#">Motivational Monday with Lim Chea Rong and Louise Khng</a>	<a href="#">Motivational Monday with Lim Chea Rong and Louise Khng</a>
12	21 May 2020	SkillsFuture Advice Webinar for Coaches	<a href="#">SkillsFuture Advice Webinar for Coaches</a> <a href="#">SkillsFuture Advice eBook</a>
13	25 May 2020	<a href="#">Motivational Monday Hari Raya Special with St Hilda's Secondary (SHSS) Co-Curricular Activities (CCA) Teachers and Coaches</a>	<ol style="list-style-type: none"> <li><a href="#">1. Motivational Monday Hari Raya Special with St Hilda's Secondary (SHSS) Co-Curricular Activities (CCA) Teachers and Coaches</a></li> <li><a href="#">2. Answers to Submitted Questions by Panelists (St Hilda Secondary School's (SHSS) Co-Curricular Activities (CCA) Teachers and Coaches)</a></li> </ol>
14	26 May 2020	<a href="#">Coaches' Role in Acute Injury Management – Addressing on Field Injury Decision Making and the Concept of PEACE and LOVE</a>	<a href="#">Coaches' Role in Acute Injury Management – Addressing on Field Injury Decision Making and the Concept of PEACE and LOVE</a>
15	28 May 2020	<a href="#">The Art &amp; Science of Coaching Swimming</a>	
16	1 Jun 2020	<a href="#">Motivational Monday with Simon Mannix, Daniel Marc Chow and Charlie Brown</a>	<a href="#">Motivational Monday with Simon Mannix, Daniel Marc Chow and Charlie Brown</a>
17	1 Jun 2020	<a href="#">Coaches' Role in Injury Prevention</a>	<a href="#">Coaches' Role in Injury Rehabilitation</a>
18	4 Jun 2020	<a href="#">Champion's Mindset: Boosting Your Athletes' Motivation and Mental Skills</a>	<a href="#">Champion's Mindset: Boosting Your Athletes' Motivation and Mental Skills</a>
19	8 Jun 2020	<a href="#">Motivational Monday with Farhan Harahap</a>	<a href="#">Motivational Monday with Farhan Harahap</a>

S/N	Workshop Date(s)	Workshop Title and Video	Presentation Materials
20	11 Jun 2020	<a href="#">Spectrum of Teaching Styles (SOTS)</a>	<a href="#">Spectrum of Teaching Styles (SOTS)</a>
21	15 Jun 2020	<a href="#">Motivational Monday with Ben Gollings</a>	
22	17 Jun 2020	<a href="#">High Performance Nutrition Periodisation to Enable the Athlete from Hibernation to High Velocity</a>	<a href="#">High Performance Nutrition Periodisation to Enable the Athlete from Hibernation to High Velocity</a>
23	18 Jun 2020	<a href="#">Creating a Positive Culture in My Sport</a>	<a href="#">Creating a Positive Culture in My Sport</a>
24	22 Jun 2020	<a href="#">Motivational Monday: Putting Ability Before Disability</a>	Motivational Monday: Putting Ability Before Disability
25	25 Jun 2020	<a href="#">Swim Teaching to Toddlers and Young Children: An Inclusive Model. Finland Model – Singapore Model</a>	<a href="#">Swim Teaching to Toddlers and Young Children: An Inclusive Model. Finland Model - Singapore Model</a>
26	29 Jul 2020	<a href="#">Motivational Monday: Safe Return to Training</a>	<ol style="list-style-type: none"> <li>1. <a href="#">Main presentation deck</a></li> <li>2. <a href="#">Enhancing the Daily Training Environment (DTE)</a></li> <li>3. <a href="#">Returning to Sport after Circuit Breaker (CB) - Helping Athletes to Avoid Post-Lockdown Injury</a></li> <li>4. <a href="#">Return to Training Post-CB</a></li> </ol>
27	6 Jul 2020	<a href="#">The Reflective Coach: Why and How You Can Be One</a>	<a href="#">The Reflective Coach: Why and How You Can Be One</a>
28	16 Jul 2020	<a href="#">Mobile Applications for Measuring Physical Performance in Sports</a>	<a href="#">Mobile Applications for Measuring Physical Performance in Sports</a>
29	22 Jul 2020	<a href="#">The 3D Coach: Coaching from the Inside Out</a>	<a href="#">The 3D Coach: Coaching from the Inside Out</a>
30	30 Jul 2020	<a href="#">Overcoming the Odds to Succeed</a>	<a href="#">Overcoming the Odds to Succeed</a>

S/N	Workshop Date(s)	Workshop Title and Video	Presentation Materials
31	6 Aug 2020	<a href="#">Season Planning: Tapering</a>	1. <a href="#">Season Planning: Tapering</a> 2. <a href="#">Q&amp;A with the Presenter</a>
32	13 Aug 2020	<a href="#">An Introduction to Football Fitness</a>	<a href="#">An Introduction to Football Fitness</a>
33	20 Aug 2020	<a href="#">Competition Day Coaching</a>	<a href="#">Competition Day Coaching</a>
34	26 Aug 2020	<a href="#">Importance of a Positive Sporting Culture</a>	<a href="#">Importance of a Positive Sporting Culture</a>
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