

### [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 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>	
10	14 May 2020	<a href="#">Building Your Coaching Profile</a>	<a href="#">Building Your Coaching Profile</a>

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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>

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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 6 May 2021	<a href="#">Creating a Positive Culture in My Sport</a> <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>	
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>

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30	30 Jul 2020	<a href="#">Overcoming the Odds to Succeed</a>	<a href="#">Overcoming the Odds to Succeed</a>
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>
35	31 Aug 2020	<a href="#">Motivational Monday with Dr Paul Schempp</a>	
36	2 Sep 2020	<a href="#">Training Para Shooters</a>	<a href="#">Training Para Shooters</a>
37	11 Sep 2020	<a href="#">Coaching Badminton: Developing Fitness and Mixed Doubles Play</a>	<a href="#">Coaching Badminton: Developing Fitness and Mixed Doubles Play</a>
38	14 Sep 2020	<a href="#">Motivational Monday with Prof. John Wang – Self Determination Theory (SDT) in Practice</a>	
39	21 Sep 2020	<a href="#">Motivational Monday: Mindset – Do You Fuel or Douse the Fire Inside Your Players?</a>	<a href="#">Motivational Monday: Mindset - Do You Fuel or Douse the Fire Inside Your Players?</a>
40	23 Sep 2020 17 Sep 2021	<a href="#">Basics of Strength Training: Its Importance, Principles and Basic Movement Progressions</a>	1. <a href="#">Basics of Strength Training: Its Importance, Principles and Basic Movement Progressions</a> 2. <a href="#">Back to Basics 2.0</a>

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			3. <a href="#">Basics of Strength Training - The Importance and Principles and Basic Movement Progressions</a>
41	1 Oct 2020 27 Aug 2021	<a href="#">Post-Season Evaluation</a> <a href="#">Post-Season Evaluation</a>	<a href="#">Post-Season Evaluation</a>
42	5 Oct 2020	<a href="#">Motivational Monday with Sanjana Kiran – Athlete Psychological Safety</a>	<a href="#">Motivational Monday with Sanjana Kiran - Athlete Psychological Safety</a>
43	7 Oct 2020	<a href="#">Social Media Marketing: What Research Tells Us</a>	<a href="#">Social Media Marketing: What Research Tells Us</a>
44	12 Oct 2020	<a href="#">Motivational Monday with Hansen Bay: Winning through Process Focused Coaching</a>	<a href="#">Motivational Monday with Hansen Bay: Winning through Process Focused Coaching</a>
45	14 Oct 2020 21 Jan 2021 23 Sep 2021	<a href="#">Sleep Science for Sport Coaches</a> <a href="#">Sleep Science for Sports Coaches</a> <a href="#">Sleep Science for Sports Coaches</a>	<a href="#">Sleep Science for Sport Coaches</a> <a href="#">Sleep Science for Sports Coaches</a> <a href="#">Sleep Science for Sports Coaches</a>
46	15 Oct 2020	<a href="#">Understanding COVID-19 and Minimising the Transmission Risk in Sport</a>	
47	16 Nov 2020	<a href="#">Infusing Yoga Training in Coaching for Athlete Development</a>	<a href="#">Infusing Yoga Training in Coaching for Athlete Development</a>
48	19 Nov 2020	<a href="#">A Culture of Excellence through Effective Goal-Setting</a>	<a href="#">A Culture of Excellence through Effective Goal-Setting</a>
49	23 Nov 2020	<a href="#">Motivational Monday with Paul and Nicholas Rachmadi</a>	

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50	2 Dec 2020	<a href="#">Fostering Life Skills and Youth Leadership through Sport</a>	1. <a href="#">Fostering Life Skills and Youth Leadership through Sport</a> 2. <a href="#">Becoming an Effective Team Captain: A Student-Athlete Guide</a>
51	5 Dec 2020	<a href="#">Badminton Coaching for Children with Autism</a>	<a href="#">Badminton Coaching for Children with Autism</a>
52	11 Dec 2020	<a href="#">The Inner Game: A Sports Coaching Perspective</a>	<a href="#">The Inner Game: A Sports Coaching Perspective</a>
53	22 Dec 2020	<a href="#">Excel in Sports and Studies: Relevance to Sports Coaches</a>	<a href="#">Excel in Sports and Studies: Relevance to Sports Coaches</a>
54	21 Jan 2021	<a href="#">Sleep Science for Sports Coaches</a>	<a href="#">Sleep Science for Sports Coaches</a>
55	26 Jan 2021	<a href="#">Stepping into Our Boots and those of Others: Understanding Perspectives</a>	
56	28 Jan 2021	<a href="#">From Internal to External: Integrating Martial Arts Internal Work into Sports / Athlete Development</a>	<a href="#">From Internal to External: Integrating Martial Arts Internal Work into Sports / Athlete Development</a>
57	3 Feb 2021	<a href="#">2021 Anti-Doping Code: An Overview and Accountability of All Stakeholders</a>	1. <a href="#">Part 1</a> 2. <a href="#">Part 2</a>
58	8 Mar 2021	<a href="#">International Women's Day Edition: Women in Coaching</a>	
59	11 Mar 2021	Review of Coaching Philosophy and Team Values	<a href="#">Review of Coaching Philosophy and Team Values</a>

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60	24 Mar 2021 24 Jun 2021	<a href="#">Coaching and the Growth Mindset</a> <a href="#">Coaching and the Growth Mindset</a>	<a href="#">Coaching and the Growth Mindset</a>
61	25 Mar 2021	Mental Imagery	<a href="#">Mental Imagery</a>
62	31 Mar 2021	<a href="#">Season Planning</a>	<a href="#">Season Planning</a>
63	23 Apr 2021	<a href="#">Co-ordination of Movement Patterns: Theory to Practice</a>	<a href="#">Co-ordination of Movement Patterns: Theory to Practice</a>
64	5 May 2021	<a href="#">Video-Based Games Analysis (Team Sports / Racket Sports)</a>	<a href="#">Video-Based Games Analysis (Team Sports / Racket Sports)</a>
65	7 May 2021	<a href="#">Functional Anatomy</a>	<a href="#">Functional Anatomy</a>
66	14 May 2021	<a href="#">Physical Conditioning Preparation Concepts</a>	<a href="#">Physical Conditioning Preparation Concepts</a>
67	1 Jun 2021	<a href="#">Transforming the Way You Coach Through Knowing One's Behaviourial Tendencies</a>	
68	9 Jun 2021	<a href="#">Games Analysis (Outdoor Team Sports) by Using GPS System</a>	<a href="#">Games Analysis (Outdoor Team Sports) by Using GPS System</a>
69	11 Jun 2021	Building Routines Effectively	<a href="#">Building Routines Effectively</a>
70	18 Jun 2021	Court Management – Keeping Players Occupied	<a href="#">Court Management - Keeping Players Occupied</a>

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71	29 Jun 2021	<a href="#">Transitioning in Coaching Style or Method: Elite to Grassroots</a>	<a href="#">Transitioning in Coaching Style or Method: Elite to Grassroots</a>
72	30 Jun 2021	<a href="#">Back to Basics – Principles of Sports Training</a>	<a href="#">Back to Basics - Principles of Sports Training</a>
73	6 Jul 2021	<a href="#">Games Analysis in Basketball – The Who, Why and How's</a>	<a href="#">Games Analysis in Basketball – The Who, Why and How's</a>
74	10 Aug 2021	<a href="#">Sharing Session on Australian Strength &amp; Conditioning Association (ASCA) Level 1 Strength &amp; Conditioning Course</a>	<a href="#">Sharing Session on Australian Strength &amp; Conditioning Association (ASCA) Level 1 Strength &amp; Conditioning Course</a>
75	16 Aug 2021	Albirex Niigata Football Club Sharing Session	<ol style="list-style-type: none"> <li><a href="#">2021 Game Model</a></li> <li><a href="#">2021 Team Concept</a></li> </ol>
76	16 Aug 2021	<a href="#">Delivering an Effective Grassroots Session</a>	<a href="#">Delivering an Effective Grassroots Session</a>
77	7 Sep 2021	<a href="#">Recharge: Managing Stress and Expectancies</a>	<a href="#">Recharge: Managing Stress and Expectancies</a>
78	29 Sep 2021	<a href="#">Form is Function</a>	<a href="#">Form is Function</a>
79	11 Nov 2021 1 Dec 2021	<a href="#">Sharing Session on Harvard Derek Bok Higher Education Teaching Certificate Course</a> <a href="#">Sharing Session on Harvard Derek Bok Higher Education Teaching Certificate Course</a>	<a href="#">Sharing Session on Harvard Derek Bok Higher Education Teaching Certificate Course</a>
80	22 Nov 2021	<a href="#">How to Grow Your Coaching Stint into a Business?</a>	<a href="#">How to Grow Your Coaching Stint into a Business?</a>



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81	24 Nov 2021 29 Nov 2021	<a href="#">Building a Development Pathway – A Case Study of Canoe-Kayak Sprint (Part 1)</a> <a href="#">Building a Development Pathway – A Case Study of Canoe-Kayak Sprint (Part 2)</a>	<a href="#">Building a Development Pathway – A Case Study of Canoe-Kayak Sprint</a>
82	26 Nov 2021	<a href="#">Motivation and Sports Performance</a>	<a href="#">Motivation and Sports Performance</a> 1. <a href="#">Padlet Activity 1</a> 2. <a href="#">Padlet Activity 2</a> 3. <a href="#">Padlet Activity 3</a>
83	30 Nov 2021	Influencing Resilience and Growth Mindsets in Sports	<a href="#">Influencing Resilience and Growth Mindsets in Sports</a>
84	3 Dec 2021	<a href="#">Motivation and Sports Performance</a>	<a href="#">Motivation and Sports Performance</a> 1. <a href="#">Padlet Activity 1</a> 2. <a href="#">Padlet Activity 2</a> 3. <a href="#">Padlet Activity 3</a>
85	9 Dec 2021	<a href="#">Understanding How to Find Value as a Coach</a>	Understanding How to Find Value as a Coach
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