

[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. ABCs of ZZZs for Coaches 2. The Fuels of Engagement – Applying Science to Performance
2	17 Mar 2020	Best Practices in Football Conditioning	Best Practices in Football Conditioning
3	27 Apr 2020	Motivational Monday with Andrew Boey	Motivational Monday with Andrew Boey
4	29 Apr 2020	Designing e-Lesson	Design eCoaching Session
5	30 Apr 2020 and 12 May 2020	eCoaching Platforms	eCoaching Platforms
6	4 May 2020	Motivational Monday with Randell Siow	Motivational Monday with Randell Siow
7	6 May 2020	Designing a Word Up Challenge	Designing a Word Up Challenge
8	8 May 2020	The Mindset Coach	The Mindset Coach
9	11 May 2020	Motivational Monday with Balázs Babella and Davide Bertoli	
10	14 May 2020	Building Your Coaching Profile	Building Your Coaching Profile

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

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

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31	6 Aug 2020	Season Planning: Tapering	<ol style="list-style-type: none"> 1. Season Planning: Tapering 2. Q&A with the Presenter
32	13 Aug 2020	An Introduction to Football Fitness	An Introduction to Football Fitness
33	20 Aug 2020	Competition Day Coaching	Competition Day Coaching
34	26 Aug 2020	Importance of a Positive Sporting Culture	Importance of a Positive Sporting Culture
35	31 Aug 2020	Motivational Monday with Dr Paul Schempp	
36	2 Sep 2020	Training Para Shooters	Training Para Shooters
37	11 Sep 2020	Coaching Badminton: Developing Fitness and Mixed Doubles Play	Coaching Badminton: Developing Fitness and Mixed Doubles Play
38	14 Sep 2020	Motivational Monday with Prof. John Wang – Self Determination Theory (SDT) in Practice	
39	21 Sep 2020	Motivational Monday: Mindset – Do You Fuel or Douse the Fire Inside Your Players?	Motivational Monday: Mindset - Do You Fuel or Douse the Fire Inside Your Players?
40	23 Sep 2020	Basics of Strength Training: Its Importance, Principles and Basic Movement Progressions	<ol style="list-style-type: none"> 1. Basics of Strength Training: Its Importance, Principles and Basic Movement Progressions 2. Back to Basics 2.0
41	1 Oct 2020	Post-Season Evaluation	Post-Season Evaluation

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42	5 Oct 2020	Motivational Monday with Sanjana Kiran – Athlete Psychological Safety	Motivational Monday with Sanjana Kiran - Athlete Psychological Safety
43	7 Oct 2020	Social Media Marketing: What Research Tells Us	Social Media Marketing: What Research Tells Us
44	12 Oct 2020	Motivational Monday with Hansen Bay: Winning through Process Focused Coaching	Motivational Monday with Hansen Bay: Winning through Process Focused Coaching
45	14 Oct 2020	Sleep Science for Sport Coaches	Sleep Science for Sport Coaches
46	15 Oct 2020	Understanding COVID-19 and Minimising the Transmission Risk in Sport	
47	16 Nov 2020	Infusing Yoga Training in Coaching for Athlete Development	Infusing Yoga Training in Coaching for Athlete Development
48	19 Nov 2020	A Culture of Excellence through Effective Goal-Setting	A Culture of Excellence through Effective Goal-Setting
49	23 Nov 2020	Motivational Monday with Paul and Nicholas Rachmadi	
50	2 Dec 2020	Fostering Life Skills and Youth Leadership through Sport	<ol style="list-style-type: none"> Fostering Life Skills and Youth Leadership through Sport Becoming an Effective Team Captain: A Student-Athlete Guide
51	5 Dec 2020	Badminton Coaching for Children with Autism	Badminton Coaching for Children with Autism

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52	11 Dec 2020	The Inner Game: A Sports Coaching Perspective	The Inner Game: A Sports Coaching Perspective
53	22 Dec 2020	Excel in Sports and Studies: Relevance to Sports Coaches	Excel in Sports and Studies: Relevance to Sports Coaches
54	21 Jan 2021	Sleep Science for Sports Coaches	Sleep Science for Sports Coaches
55	26 Jan 2021	Stepping into Our Boots and those of Others: Understanding Perspectives	
56	28 Jan 2021	From Internal to External: Integrating Martial Arts Internal Work into Sports / Athlete Development	From Internal to External: Integrating Martial Arts Internal Work into Sports / Athlete Development
57	3 Feb 2021	2021 Anti-Doping Code: An Overview and Accountability of All Stakeholders	1. Part 1 2. Part 2
58	8 Mar 2021	International Women's Day Edition: Women in Coaching	
59	11 Mar 2021	Review of Coaching Philosophy and Team Values	Review of Coaching Philosophy and Team Values
60	24 Mar 2021	Coaching and the Growth Mindset	Coaching and the Growth Mindset
61	25 Mar 2021	Mental Imagery	Mental Imagery
62	31 Mar 2021	Season Planning	Season Planning

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63	23 Apr 2021	Co-ordination of Movement Patterns: Theory to Practice	Co-ordination of Movement Patterns: Theory to Practice
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