PDS Coaching Courses

Discover the artistry of coaching. Develop the very skills that can establish real learning & develop true potential within all abilities

PERFORMANCE DEVELOPMENT SYSTEMS

"He has the ability to inspire, motivate and connect with anyone he works with; taking their ability to a higher level to get the best results"

Dame Kelly Holmes Double Olympic Champion

PDS coach Marc Finney working as head S&C coach with Northampton Saints

Our coaching courses are aimed at already qualified coaches & physical trainers who are looking to increase the understanding, learning, performance & motivation of the individuals & teams they are working with. All our courses are designed for "practitioners", meaning we focus on practical tools you can actually use in the real world.

Lead Coach Mark Bennett MBE delivering PDS principles during a theory phase of the course before applying them in a practical setting

Our upgraded 2013 courses mean that you are required to pass Level 1 Coach before booking onto Level 2 Performance Coach. This ensures all coaches have had some experience of our "fundamentals" before progressing.

Level 1 Coach - Covers the PDS coaching fundamentals; establishing athlete commitment, maintaining & measuring excellence linked to the critical path. Plus developing athlete self reliance & decision making. **2 days: 1 day plus 1 day confirmation of learning 2 to 4 weeks later.**

Level 2 Performance Coach - Goes into more detail from the subjects in Level 1 Coach. It also includes how to measure competencies under measured stress of both tactical & technical performance, designing a critical path that audits performance success in learning & applied performance. **5 days: 1 per month for 5 months or ran over 2 weekends with 5th day 2 to 4 weeks later.**

Level 3 Advanced Coach Coaches must first pass Level 2 Performance Coach before being invited onto our Advanced Coach. There are no set days as training and mentoring during this course is at your own location during a competitive season or championship competition. **Designed for National & International coaches**

PDS coach Rob Watts working at his high performance academy

"Most coaches that I have met are excellent in most of the disciplines that would fall into coaching. Really effective coaching is about putting all those areas together and having the 'soft' skills that will help you help your athletes to do what is required to get where they have the potential to go. The PDS course will give you this."

Peter Mattsson Director of Elite Performance at Swedish Sports

To book onto a discounted group course in your area contact Mike Bratt MikeBratt@RFU.com

www.PDScoach.com