

# PASS ADVANCED COACHING

ON LOCATION,  
AT THE CLUB  
OR ONLINE

2021





# LEARNING GOALS

This training course of 4 meetings, online or on location, is specifically for trainers with ambition. Be inspired by experienced trainers with successful examples from the sports industry. Share your experiences with fellow students of your level. The following learning goals are central to the meetings:

## SESSION 1

- Participants learn more about their motivational preferences
- Based on the development plan, participants can determine their own personal development goals as trainer/coach
- Participants learn about the different conditions to create successful teams
- Participants learn about the basic conditions to enjoy an active sporting lifestyle
- Participants learn to draft the core values with their team based on the structures offered

## SESSION 2

- Participants learn about Broad Motor Development (BMD) & varied training
- Participants learn about and gain experience in applying BMD and varied training
- Participants learn about the age-specific characteristics in relation to BMD and varied training
- Participants learn about drafting a season plan for BMD and varied training

## SESSION 3

- Participants learn about the personal development goals per age group
- Participants learn that in order to help further develop players and change their behavior, they need to influence players with conviction
- Participants learn to prepare a coaching conversation, as well as organize and conduct a coaching conversation
- Participants learn and gained experience in the use of personal development goals during a training session
- Participants learn to stimulate a growth mindset in practice

## SESSION 4

- Participants learn about the why and how on setting team goals
- Participants learn about the talent game
- Participants learn about the social development goals per age group
- Participants learn to reflect on the development as a coach based on the development plan



# TRAINING COURSE

## PURPOSE OF THE TRAINING COURSE

The PASS Advanced Coaching training course is aimed at training and coaching amateur and top-level sports players. The basic principle is that the trainer/coach learns to build a great atmosphere with the team, to apply BMD and varied training, to develop players individually, and to divide roles within a team.

## STUDY PROGRAM

In order to earn a certificate upon completion of this training course, there are a number of practical assignments that need to be done. The practical assignments include the following:

- Determining core values with your team
- Drafting a season plan, incorporating BMD and varied training
- Reflection after Session 2
- Conducting a coaching conversation with a player

## THE TRAINING COURSE FORMAT

The best ideas often come from the trainers' practice, which is why we focus on the practice of the trainer. After the sessions, you can start with determining the core values, agreements and team goals, applying the BMD and varied training, developing the individual players, and dividing the roles. The corresponding practical assignments are to be completed in in your workbook.

### CONTENT SESSION 1

- Trainers make the difference
- Case examples of successful teams
- Establishing core values with your team
- A positive sports climate with Respect, Safety and Trust

### CONTENT SESSION 3

- Having a coaching conversation with a player
- Stimulating the growth mindset of players in practice
- Personal development goals per age group
- Provide coaching on personal development goals

### CONTENT SESSION 2

- Broad motor development (BMD) & varied training definition and substantiation
- BMD and varied training integrated into one training
- Age-specific BMD & varied training

### CONTENT SESSION 4

- The "talent game": using each other's strengths within the team
- Determining team goals
- Social development goals per age group
- Provide coaching on social development goals



## INDICATION OF TRAINING INVESTMENT

- Four central training sessions of approx. 3 hours
- Carrying out assignments: 10 hours

**Total: approx. 22 hours**

## CERTIFICAAT EN LICENTIEPUNTEN

The PASS Advanced Coaching certificate is awarded to those who have completed all the practical assignments. **In that case, an additional 6 (national football federation, KNVB) licensing points are awarded.** The practical assignments relate the following core tasks:

- Participants can, on the basis of the structure offered, draw up core values with their team
- Participants have gained insight into the preparation of season plan for BMO and varied training
- Participants can determine personal development goals as a trainer/coach using the development plan
- Participants can prepare, organize and conduct a coaching conversation

## TEACHERS

The teachers have experience in top-level sports, in amateur soccer as trainers and club executive, in the business world, and at sports federations. Teachers include, for example Jan van Loon [in](#) and Marco Neuvel [in](#)

## TRAINING COURSE FEE

The training fee for the PASS Advanced Coaching course is € 495. This includes: accommodation and subsistence costs for central meetings, workbook and supervision by a teacher. It is also possible to purchase the training as a club, for a minimum of 4 trainers from the club. In that case, the training course can be organized at your club.

## REGISTRATION

You can register by clicking on this [link](#). For help or other questions, please contact us at [info@pass-coach.academy](mailto:info@pass-coach.academy). After the digital registration for the training, the candidate commits himself/herself to the payment of the training course fee.