

Motor Skill Learning Certified Coach



Content Overview

Module 1

Motor Development Explained

- ✔ Why is it important to develop motor skills in children?
- ✔ The (Un)Importance of Talent.
- ✔ Importance of the early years.

Module 2

From Motor Skills to Coordination to Sport-Specific Skills

- ✔ Balance of Motor Skills, Physical Activity, and Hand-Eye Coordination.
- ✔ The 5 Motor Skills explained.
- ✔ Reaction, Balance, Rhythm, Orientation, Differentiation.

Module 3

Teaching System for 3-7 Year-Olds

- ✔ Stages of Sports Skill Development.
- ✔ Versatility for Optimal Learning.
- ✔ Game-based approach.
- ✔ Increase participation through stories.
- ✔ Bigger and better brains.

Module 4

The Psyche of the Young Child

- ✔ Creating a safe environment.
- ✔ Laughter and Emotions.
- ✔ To Develop and not Being Afraid.
- ✔ The Key Ingredient for a Coach.

Module 5

Learning to Play

- ✔ Children are not learning unless they are taught?
- ✔ Free Play versus Deliberate Play.
- ✔ Advantages of a Game-Based Approach.
- ✔ Creating Games.
- ✔ Enriched Environments & Incidental Moments.

Module 6

Course Wrap Up

- ✔ Teaching Aids.
- ✔ MOBAK Assessment Test.