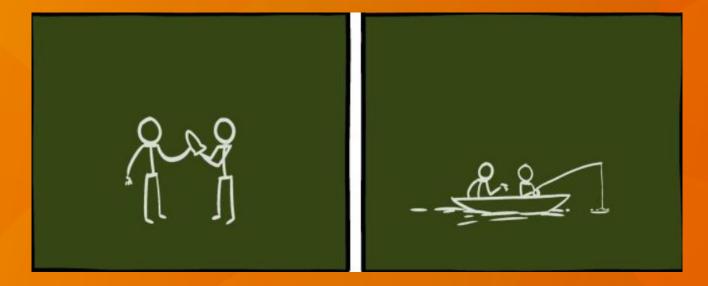


Learning to Fish

Workshop 1

Objectives and Process

Learning to Fish





Give someone a fish, feed them for a day Teach them to fish, feed them for life

What are we doing on a Saturday?

Coaches' Role?





a) Help you do better than we did at your age !!!
b) Source of all knowledge on "<u>The</u> best way to success"
c) Get more riders onto BC's Performance Pathway
d) Help you achieve your full potential toward YOUR goals

What are your goals?





How about Parents?

"Get to the heart of the matter: giving your kids the love: and support they need." And East, best-selling author of Cristeen Are From Heaven Will Your Still Your Your Still Your Your Your Your Your Your Your

Christopher Andersonn with Barbara Andersonn, MFCC <u>Don't worry</u> – We are not giving parenting lessons

There ARE brilliant resources we can share on supporting your young athletes

- UK Coaching
- Sport England
- Parentsinsport.co.uk

What's the PLAN?

• Setting SMART goals & objectives

- Building a training plan around your objectives
- Understand training is not just "pushing harder"

 Skills & Tactics
 Nutrition on & off the bike
 Mental resilience
- 2022 races & events
- British Cycling's pathway & Alex Franks' journey
- How parents can support young athletes
- YOUR additional topics



See you in Zwift !

7:30 start with Martin and Duncan