Coach Development Opportunities 2026

Coach Development Opportunities (CDOs)
CDOs are informal education opportunities that help coaches build skills and confidence at any stage of their journey. CDOs are to be done on top of GNZ Formal Education requirements.

Connection to the CDF
CDOs support the CDF by providing opportunities for coaches to expand their knowledge in technical, holistic athlete development, and interpersonal and intrapersonal skills—helping coaches grow in a well-rounded, practical way.

For more information on Gymnastics NZ's CDF - Click Here

Workshop	Location	Date & Time	Closing Date	Price (GST Inclusive)	Workshop Details
Competitive Planning	Online	**11 Feb** 12 pm - 1:30 pm	04 Feb	$36.50	Target: Elementary - Junior Coaches working in the competitive pathways. Planning and periodisation basics, along with step-by-step guidance on completing a planning document
Advance WAG Bar Spotting	Midlands - ARGOS	**22 March** 9am - 12 pm	04 March	$46.50	Targeted for High-level Foundation to Junior/new Advanced coaches who want to work on spotting more advanced bar skills. Flyaways, kips, etc.
Skill Development	Northland - Bay of Islands	**12 April** 9 am - 1 pm	25 March	$46.50	Targeted for XTND/Foundation Plus. A few skills will be selected before the course, and you will break the skills down to practice developing skills from the beginning, all the way through to the final skill.
Breaking Skills Down for Fun	Auckland - Counties	**19 April** 12:30 pm - 4:30 pm	01 April	$46.50	Targeted for Foundation - Junior Coaches wanting to expand on last years CDO with Skill Break down. We listen to feedback and will only be going over a few key skills however will cover them in detail on how to break them down, make them fun and how to spot.
GFA Competitive Planning	Online	**03 May** 4 pm - 5:30 pm	15 April	$36.50	Targeted towards Foundation to junior coaches who are working in the GFA Competitive pathway. Planning and periodisation basic will be taught along with step by step guidance on completing a planning document.
Injuries in Gymnastics	Online	**05 May** 12 pm - 2 pm	22 April	TBC	A COURSE FOR ALL - coaches, administrators, and judges. We will cover common injuries in gymnastics, how to support these injuries and how to reduce the occurance of them too.
Supporting your Gymnast - Parent Webinar	Online	**11 Jun** Time TBC	20 May	TBC	PARENT ONLY! Targeted towards Competitive parents, however, all parents are welcome. This webinar will take parent thorugh the journey of how to better support and connect with their child as gymnasts.
GFA Skill Development	Upper South - Nelson	**09 Aug** 9:30 am - 12:30 pm	15 July	$46.50	Targeted towards Foundation - Elementary Coaches. A few skills will be selected before the course, and you will break the skills down to practice developing skills from the beginning all the way through to the final skill and practice spotting these skills.
Skill Development	Wellington - Harbour City	**01 Nov** Time TBC	14 Oct	$46.50	Targeted for Foundation Plus. A few skills will be selected prior to the course, and you will break the skills down to practice developing skills from the beginning all they way through to the final skill.
Drill Development	Central - Manawatu	**29 Nov** 2 pm - 6 pm	04 Nov	$46.50	Targeted for Foundation Plus coaches. This workshop will focus on drill creation and practices when, where, and how to use drills in training for common skills.