

# 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	<b>11 Feb</b> 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	<b>22 March</b> 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.
GFA Competitive Planning	Online	<b>03 May</b> 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	<b>05 May</b> 12 pm - 2 pm	29 April	\$40.00	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 occurrence of them too.
Skill Development	Northland - Bay of Islands	<b>27 May</b> 9 am - 1 pm	06 May	\$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.
Behind Your Gymnasts - Parent Focused Webinbar	Online	<b>11 Jun</b> 6:30 pm - 8 pm	27 May	<b>Coaches Only Price:</b> \$20.00	Now Open for Coaches! (Aged 15+) At a reduced price, come along and see what information is being shared with parents around supporting their gymnasts.
GFA Skill Development	Upper South - Nelson	<b>07 Jun</b> 9 am - 12 pm	27 May	\$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.
Breaking Skills Down for Fun	Auckland	<b>TBC</b>	TBC	\$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.
Skill Development	Wellington - Harbour City	<b>01 Nov</b> Time 9:30 am - 1:30 pm	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	<b>29 Nov</b> 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.