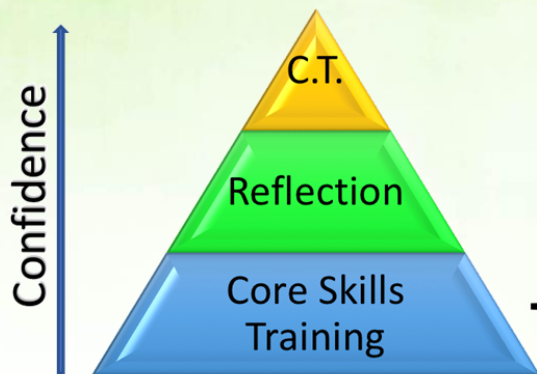


# Graded Progression

## What is it?

A step by step improvement scheme for beginners, tailored to each individual, to improve their confidence in the sport and in their own ability. The goal is they become more comfortable participating in club sessions and get the most out of the club.

WOW reps would communicate with the club/society coaches about how to integrate this programme into beginner sessions.



C.T: Club Training\*

*The reflection stage is where the individual could take a step back and think about what skills they lack confidence in. They could then communicate with the coach and ask for further guidance or a one-on-one session to be arranged.*

*E.g.*

