S-PAM WORKSHOP

A Structured Approach to Performance Analysis in Sport



ANALYZE · UNDERSTAND · PLAN · IMPLEMENT · EVALUATE · IMPROVE

PARTICIPANTS WILL LEARN

Participants will gain an understanding of:

- ☑ The philosophy and foundations of S-PAM
- ☑ The relationship between coaching, performance analysis, and athlete development
- ☑ The S-PAM Performance Analysis Project Lifecycle
- ☑ The six foundational concepts of S-PAM
- ☑ How performance analysis projects are designed and managed
- ☑ The role of tasks, tools, and methodologies within S-PAM
- ☑ Performance measurement and evaluation techniques
- ☑ Decision-making processes supported by evidence and data
- ☑ How S-PAM integrates with existing coaching methodologies
- ☑ Practical examples from multiple sports

WHO SHOULD ATTEND

This workshop is beneficial for:

- Coaches from all sports
- Performance Analysts
- Coach Developers
- Learning Facilitators
- Technical Directors
- High Performance Staff
- Club Administrators
- Sport Scientists
- Strength and Conditioning Coaches
- University and College Students in Sport Programs

BENEFITS

By the end of the S-PAM workshop, participants will:

- ☑ Understand the complete S-PAM framework
- ☑ Learn how to structure performance analysis activities systematically
- ☑ Improve decision-making through evidence-based practices
- ☑ Connect performance analysis to coaching outcomes
- ☑ Gain practical tools that can be immediately applied in their sports environment
- ☑ Develop a foundation for advanced S-PAM education and certification pathways
- ☑ S-PAM e-book

WORKSHOP AGENDA

1 – Part 1 – Introduction to S-PAM — 60 Minutes

- What is S-PAM?
- Why traditional performance analysis approaches often fall short
- The need for a structured project-based framework
- Benefits for coaches, athletes, teams, and organizations

2 – Part 2 – The Six Foundational Concepts of S-PAM — 90 Minutes

- Four Corner Development Model and S-PAM
- Performance Analysis as a Project
- Performance Analysis Project Components
- Tasks as Functional Components
- Required Skills and Knowledge
- Outcomes and Coaching Methodology

3 – Part 3 – The S-PAM Lifecycle — 60 Minutes

- Initiation Phase
- Planning Phase
- Analysis Phase
- Implementation Phase
- Evaluation and Learning Phase

4 – Part 4 – Practical Application — 60 Minutes

- Multi-sport case studies
- Examples of performance analysis projects
- Performance measurement and KPI development
- Using evidence to support coaching decisions

5 – Part 5 – Questions, Discussion, and Next Steps — 30 Minutes

- Open discussion
- Implementation considerations
- Professional development opportunities
- Introduction to advanced S-PAM training programs

DELIVERY FORMAT

Live Online Workshop · Interactive Presentation · Multi-Sport Examples · Group Discussions · Downloadable Learning Resources · Certificate of Participation

COST | **CAD $300 + Tax**

Practical tools. Real examples. Better coaching decisions.