

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 | High Performance Staff |
| Performance Analysts | Club Administrators |
| Coach Developers | Sport Scientists |
| Learning Facilitators | Strength and Conditioning Coaches |
| Technical Directors | 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

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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

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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.*