

# Introduction to FLL - For Coaches

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## Purpose:

This is a 5 hours workshop to introduce new coaches to First Lego League and basic skills needed to coach a First Lego League team.

## Workshop Topics:

- Introduction to First Lego League, *FIRST* Core value and the role of the coach
- FLL Season and competition
  - Event types and critical dates to watch
- The components of FLL Competition
- Research project activities
- Robot building activities
  - Important concept for building a basic and consistent robot
  - Wheels
- Introduction to Programming
  - Understanding the NXT “brick”
  - Mindstorms interface
  - MOVE Block
  - MOTOR Block
  - LOOP block
  - Light Sensors
  - Tips and tricks
- Resources

**Cost:** Free

## To Sign Up:

Please contact Tony Ayad,

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