

# Introduction to FLL For Coaches

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## Purpose:

This is a 6-hours workshop to introduce new coaches to First Lego League (FLL) and basic skills needed to coach a First Lego League team. Group hands on activities are included. Approximately one NXT per 4 participants.

## 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 four components of FLL Competition
- Research project activities
- Robot building activities
  - Important concept for building a basic and consistent robot
  - Wheels
- Programming
  - Geometry Concepts that apply to robotics: Everything you wanted to learn about a CIRCLES but were afraid to ask
  - Understanding the NXT “brick”
  - Mindstorms interface
  - MOVE and MOTOR Block
  - Light Sensors
  - Tips and tricks
- Resources

**Cost:** Free

## To Sign Up:

Please contact Tony Ayad,  
e-mail: [tony.ayad@gmail.com](mailto:tony.ayad@gmail.com)  
Cell (626) 224-3098

\*For groups, additional dates can be arranged by contacting Tony.