**EduPASS Youth Sport Coaches Training School, DUBLIN, 02-06 October 2023**

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| TITLE: Coaching Philosophy, Youth Sport Compass & The Coaching Toolkit | | |
| **Learning Outcomes**  **Learners will:** | **Key Messages** | **Delivery Method/Resources Needed** |
| **Introduction**  Learners will be able to explain the purpose and climate for the session | We are here to *practice* coaching.  The four points of the Youth Sport Compass and the 10 points of the ICoachKids Pledge are ideal resources for evolving your Coaching Philosophy. | **Delivery Method**   1. Review what needs to improve from the previous session’s games.   ***Resources (for example):***   * *Projector* * *Pre-prepared flipcharts* * *PowerPoint Slides* * *Videos* * *Worksheets* * *Post-training activities* * *Follow-On Resources – Readings, Videos* |
| **Change the Game**  Learners will be able to apply the STEP model to coach through game design. | Learners enjoy playing the game, so where appropriate, design developmentally-appropriate games to meet their needs.  There are many ways in which games can be modified to achieve your coaching objectives. | **Delivery Method**   1. Review what needs to improve from the previous session’s games. 2. Replay the games to confirm and raise awareness. Explicitly consider the value of starting with a game and coaching primarily through games. 3. Review the flipcharts on Space, Task, Equipment and People and feedback with ideas of what might be modified. 4. Groups devise activities to address the areas for development identified previously. 5. Play the new games and evaluate their effectiveness. 6. Review the planning template.   ***Resources (for example):***   * *Pre-prepared flipcharts on Space, Task, Equipment and People.* * *Worksheets* * *Follow-On Resources: The STEP model is covered in the* [*Coaching Children series*](https://www.sportireland.ie/sites/default/files/2019-10/coaching-ireland-fact-sheet-2-a5.pdf) *from Coaching Ireland. A more detailed guide for coaching through games is available in the* [*Change It Guide*](https://www.clearinghouseforsport.gov.au/__data/assets/pdf_file/0010/864370/Change_It_guide.pdf) *from the Australian Sports Commission.* |
| **Providing Feedback**  Learners will be able to evaluate how they typically provide feedback, and identify areas to further explore going forwards. | Providing feedback effectively is akin to planting seeds; it is better to carefully place a few points than to randomly scatter them.  Effective feedback focuses on the critical issue, in a positive manner, incorporates solutions for areas for development, and athlete choice wherever possible. | **Delivery Method**   1. Review the flipcharts on Feedback: How much? What issue(s)? Approach (Promotion, Change or both)? When? Tone? The Voice of the Learner? Summarise for the whole group. Include beliefs about feedback (e.g., complex; sometimes essential, sometimes not needed). 2. Assign individuals to provide feedback to – quick 1:1 RE proposed delivery. 3. Play the games and provide feedback. 4. Personal review: my strengths and work-ons RE feedback   ***Resources (for example):***   * *Pre-prepared flipcharts on Space, Task, Equipment and People.* * *Worksheets* * *Follow-On Resources: ICoachKidsWorld provides an effective* [*guide to feedback*](https://cdn2.assets-servd.host/faded-duck/production/Feedback.pdf?dm=1680600110)*, and some useful advice on* [*Setting Up and Standing Back*](https://www.youtube.com/watch?v=ODrNka29Upw)*.* |
| **Coaching Philosophy**  Learners will be able to explain the concept of a coaching philosophy, and how the Youth Sport Compass and ICoachKids Pledge offer foundations for a sound coaching philosophy | A coaching philosophy provides a set of explicit guidelines on how to translate your core values and beliefs into actions.  A coaching philosophy is inherently practical; it allows you to plan, deliver and reflect more effectively.  The Youth Sport Compass and ICoachKids Pledge offer foundations for a sound coaching philosophy. | **Delivery Method**   1. Your philosophy helps you solve problems – personal story. 2. Review examples: beliefs and values inform actions. 3. What actions are encouraged by the ICoachKids Pledge and Youth Sport Compass? 60 second speed dating on flipcharts.   ***Resources (for example):***   * *Pre-prepared flipcharts on Pledge and Compass.* * *Worksheets* * *Follow-On Resources:* [*ICoachKids Pledge*](https://icoachkids.org/learn/ickpledge/10-golden-principles)*,* [*Youth Sports Compass*](https://www.youtube.com/watch?v=83McfP3FUOk)*, and Chapters 1-3 in Wade Gilbert’s* [*Coaching Better Every Season*](https://www.human-kinetics.co.uk/9781492507666/coaching-better-every-season/)*.* |
| **Session Reflection**  Learners identify priority lessons to take forward in the week | Reflection is an integral element of all sessions. | **Delivery Method**   1. Personal diary entry 2. Feedback to tutor |