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

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| TITLE: Youth Sport Compass and Coaching Practice | | |
| **Learning Outcomes**  **Learners will:** | **Key Messages** | **Delivery Method/Resources Needed** |
| **Introduction**  Learners will be able to explain the purpose and climate for the session | The four points of the Youth Sport Compass are Development-Oriented, Motivational, Caring and Socially Safe.  We are here to work together to create resources that will be useful to you going forwards. | **Delivery Method**   1. Assign to teams of ~5. 2. Let’s recap: Tell me about the four points on the Youth Sport Compass.    1. Today we will look at planning, organizing and observing coaching to allow us to be aligned with those four points 3. Outline session objectives and nature of delivery    1. Relaxed, informal, trying things out – you are eavesdropping on my thinking and I am eavesdropping on yours.    2. Preparing resources to help you with later in the week and beyond   ***Resources:***   * *Worksheets* |
| **Planning: Progressive Game Builds**  Learners will be able to **plan** more fluent sessions by using Progressive Game Builds | Complex games can be effectively introduced through a series of activities (termed Progressive Game Builds), each of which adds a new element to the activity. | **Delivery Method**   1. Explain beliefs underpinning game (getting active quickly means more fun; lots of variation in a session keeps young children engaged; too much information can overwhelm children) 2. Play the game versions 1-6 3. Debrief – did all the progressions work? Would you modify anything? How could the voice of the child be included? 4. Transfer – in groups, create a Progressive Game Build for an activity of your choice.   ***Resources:***   * *Lots of cones, small balls (e.g., tennis balls, bean bags), hoola hoops and quoits.* * *Pre-prepared flipcharts on Progressive Game Builds* * *Empty flipcharts* * *Worksheet* * *Follow-On Resource: An example of a progressive game build is available here:* [*https://youtu.be/dKy5Q02g9Vs?si=\_mYt6-b1AbKzWagc*](https://youtu.be/dKy5Q02g9Vs?si=_mYt6-b1AbKzWagc) *and you can find many more example from Joey Feith on his* [*YouTube channel*](https://www.youtube.com/@ThePhysicalEducator)*, or at* [*ThePhysicalEducator.com*](https://www.thephysicaleducator.com/) |
| **Organization: Recycling equipment layouts**  Learners will be able to **organize** sessions so as to allow multiple activities to run with minimal adjustments | Carefully consider equipment layout so that minimal time is spent rearranging and reorganizing during sessions. | **Delivery Method**   1. Play one round of Treasure Island. Explain the concept of recycling, and the beliefs underpinning its importance (e.g., maximise time on task). 2. Explain hurdles recycling set up – how is this layout recycled? 3. Learners design an activity that can be easily recycled. 4. Review each others’ designs.   ***Resources:***   * *Lots of cones, small balls (e.g., tennis balls, bean bags), hoola hoops and quoits. Pool noodles if available.* * *Pre-prepared flipchart on Example of Recycling* * *Empty flipcharts* * *Worksheet* * *Follow-On Resource: Article on recycling in coaching from PALM Ireland:* <https://sites.google.com/view/palmireland/reuse-recycle?authuser=0> |
| **Observation: What and How**  Learners will be able to evaluate the breadth and depth of their **observations** while coaching. | The ICoachKids World guidelines around *Setting up and Standing back*, and the *Youth Sport Compass*, provide practical guidance on how and what to observe when coaching. | **Delivery Method**   1. Groups use five flipcharts as a prompt to think about effective observation (Standback; Focus; Move; Listen; Confirm). Review *How* to observe effectively. 2. Oral briefing on *What* to observe (Is it (a) safe; (b) active; (c) inclusive; (d) encouraging appropriate decisions; (e) encouraging appropriate actions?). 3. Explain the rules of Mattball; play multiple games until all groups have acted as players, coaches observing the players, and coach developers observing the coaches. Each game is debriefed (what do players and coaches want to do next with the game – are they seeing the same thing?; evaluate the coaches on How to observe). 4. Personal Reflection: what aspects of observation should I focus on?   ***Resources:***   * *A few hurdles and large soft balls (sponge or rubber)* * *Follow-On Resource: ICoachKidsWorld* [*Setting Up and Standing Back*](https://cdn2.assets-servd.host/faded-duck/production/Setting-Up-and-Standing-Back.pdf?dm=1680600121) *and* [*Questioning*](https://cdn2.assets-servd.host/faded-duck/production/Questioning.pdf?dm=1680600116) |
| **Session Reflection**  Learners identify priority lessons to take forward in the week | Reflection is an integral element of all sessions. | **Delivery Method**   1. Take photographs of everyone’s flipcharts 2. Personal diary entry |