**The ICK Pledge Self-Assessment Workbook**

**Instructions:**

* Please score yourself from 1 to 10 on each of the principles of The Pledge.
* Identify (a) WHAT YOU DO CURRENTLY RELATED TO THE PRINCIPLE and WHAT YOU MIGHT DO DIFFERENTLY in your next session.
* Select one principle and be prepared to identify WHY and WHAT you wish to improve on.

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| **The ICK Pledge Principles** | **Self-Score (1 to 10)** | **What do you currently do?****What might you do differently?** |
| 1. **Be Child-Centred**
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| 1. **Be Holistic**
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| 1. **Be Inclusive**
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| 1. **Make It FUN & SAFE**
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| 1. **Prioritise the love for sport over learning sport**
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| 1. **Focus on Foundational Skills**
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| 1. **Engage Parents Positively**
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| 1. **Plan Progressive Programmes**
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| 1. **Use Different Methods to Enhance Learning**
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| 1. **Use Competition in a Developmental Way**
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| **Set yourself a SMART self-improvement goal:** |

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| **The ICK Pledge** | **Key Ideas / Explanation** |
| 1. **Be Child-Centred**
 | Always have the best interest of children at heart and listen to them. It is about what children want and what they need, not about the adults! |
| 1. **Be Holistic**
 | Develop children in your sessions as people first and foremost and then as athletes. Aim to develop their psychosocial skills and capabilities not just their physical ones. |
| 1. **Be Inclusive**
 | Cater for all levels of abilities and motivations. Coaching is far from one-size-fits-all. Get to know the kids you coach and dare to coach them differently. |
| 1. **Make It FUN & SAFE**
 | Children want to have fun and to learn they need to feel safe. Build positive relationships and enjoyable, caring climates that allow them to thrive and that keep them coming back. |
| 1. **Prioritise the love for sport over learning sport**
 | A very small proportion of kids will become elite athletes, yet all of them have the potential to become healthy active adults. Creating that fantastic legacy is part of your job. |
| 1. **Focus on Foundational Skills**
 | Do not be overconcerned with the specific skills of your sport. At a younger age, kids need to gain essential motor skills and learn the basics of how to play games using generic tactical principles to give them the best chance of success. |
| 1. **Engage Parents Positively**
 | Parents are not the enemy, but the biggest resource at your disposal. They want the best for their kids and so do you. Partnership is the key word. You will never know what parents can offer if you don’t talk to them. |
| 1. **Plan Progressive Programmes**
 | We are taking kids on a learning journey. We need to have a good idea of the destination point and develop short, mid- and long-term goals and plans that will help the kids get there. It’s not peak-by-Saturday nor improvising a session ‘off the cuff’. Failing to plan is planning to fail! |
| 1. **Use Different Methods to Enhance Learning**
 | Learning is a complex process and it doesn’t happen overnight. Different coaching and teaching strategies can serve different purposes at different stages of learning and development, complement each other, and help us achieve the desired results. |
| 1. **Use Competition in a Developmental Way**
 | There is nothing wrong with competition. When the format and the atmosphere around competition is built around the developmental stage of the kids and considerate of their needs, competition is an amazing motivator and a lot of fun. A win-at-all-cost mentality can really spoil the party though. |