

Lesson 1: COACHING CHARACTERISTICS



1. **Physical literacy** is about building the skills, knowledge and behaviours that give us the confidence and motivation to lead active lives. Physical literacy involves holistic lifelong learning through movement and physical activity. It delivers physical, psychological, social and cognitive health and wellbeing benefits.

View the video about [YouTube: Health Literacy](#) and list four benefits of developing health literacy in children.

2. **Brainstorm** the characteristics and qualities of a good children's sport coach. Think about a good coach you may have had in sport or other area.

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According to the SportAus Website, coaches of children should remember that:

- children's sport should be FUN!
- children need lots of opportunities for unstructured play, a broad range of activities, and the opportunity for creativity
- early sports specialisation is not recommended for young children the social aspects of sport are highly valued by children
- coaches should focus on skill development and individual improvement, rather than winning as the outcome
- all children deserve time and attention, not just the most talented

3. View the YouTube video, [ICK Coaching Children - Why do Children Join and Stay in Sport?](#)

- a. Discuss the five reasons put forward by the coach

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4. Using the [Modern Coaching Approach Fact Sheet](#), complete the following table to show how the approach to coaching has changed in order to maximise the children's enjoyment, participation and learning of sport skills:

OLD APPROACH	NEW APPROACH TO COACHING
Coach centred Participant centred	
Competitive, outcome focused	
One-size-fits-all	
Skills-based	
Compliance	
Commanding coaching style	
Formal learning	
Decreasing coach recruitment and retention	
Participant numbers dropping	

5. View the YouTube video, [Coaching Children - What does great children's coaching look like?](#)
- a. As a class, discuss some of strategies/factors mentioned by the coaches

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6. Brainstorm four ways a coach could modify sport for children to increase participation and enjoyment:

7. For one of the following sports and using the [TREE Method](#) AND [Games for Fun Active Life](#), describe how you could teach a modified, small game to a diverse group of beginners.
- Soccer
 - Basketball
 - Netball
 - Touch
 - Tennis/Badminton
 - Volleyball
 - Floor Hockey

SPORT:	
TEACHING STYLE	
RULES	
EQUIPMENT	
ENVIRONMENT	

8. A variety of factors motivate young people to play sports. Identifying these factors will assist you as a coach. Complete the table by giving an example for each motivation strategy.

Motivation Strategy	Examples of how to use the strategy
Recognise achievement	
Set goals	
Provide leadership opportunities	

Be consistent and enthusiastic	
Provide challenges	
Vary your practice programs	
Be organised	
Make practice fun	

Being inclusive means adapting and modifying coaching practices and activities to ensure every participant, regardless of age, gender, ability level, disability and ethnic background has the opportunity to participate if they choose to. Good coaches adapt and modify aspects of their coaching and create an environment that caters for individual needs and allows everyone to take part.

9. The acronym **CHANGE IT** highlights some of the elements of a game that can be changed to make it easier or harder, to include and challenge all players. Using the [Change It Guide](#), complete the table by writing the word and description for each letter of the acronym **CHANGE IT** for inclusive coaching strategies.



ACRONYM	WORD/TERM	DESCRIPTIONS OF INCLUSIVE STRATEGIES
C		
H		
A		
N		
G		
E		
I		

T		
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