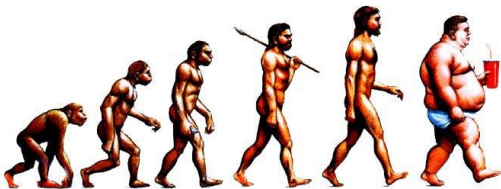
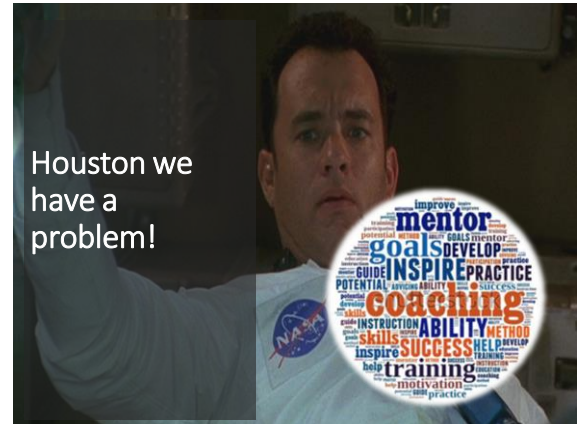




So what's
up doc?





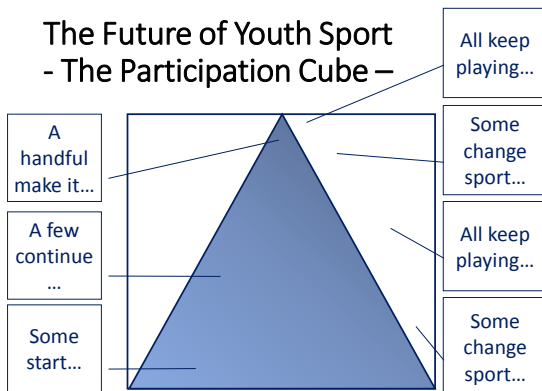
The Traditional View of Youth Sport – The Talent Pyramid –



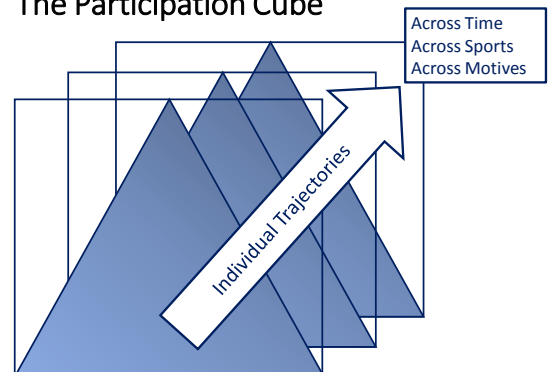
Negative Consequences...

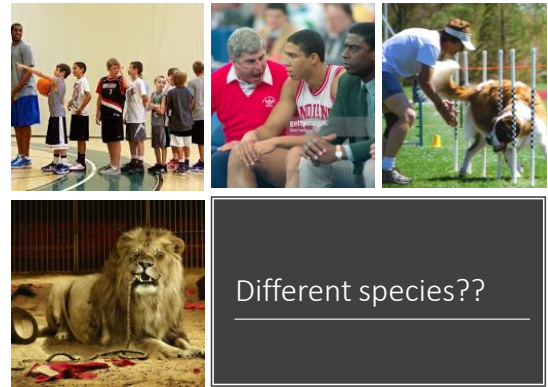
- Mass Drop-Out
- Overtraining
- Injuries
- Burnout
- Teen Doping
- Young Athletes are 'Commoditised'...

The Future of Youth Sport – The Participation Cube –

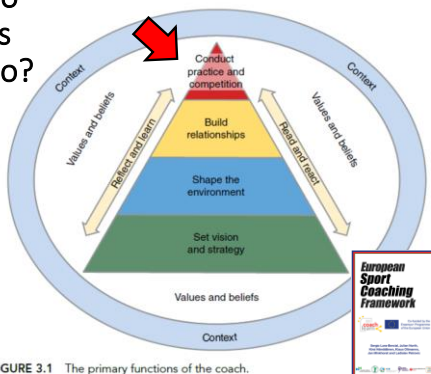


The Participation Cube

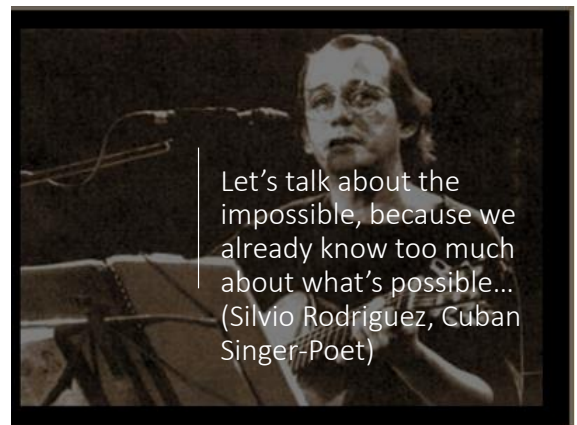
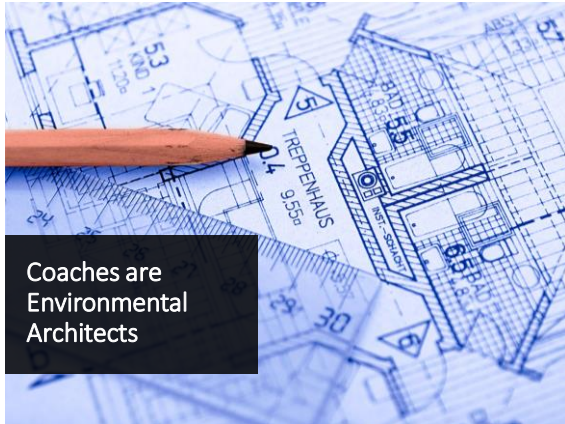




What do coaches really do?



Not just Kids Entertainers with a whistle... nor Army Sergeants...



So what's
Effective
Youth
Coaching
doc?





**The
Coaching
Children
Pledge**

@iCoachKidsEU
#iCKPledge

As a Children's Coach, I will:

1. Be child-centred
2. Be holistic
3. Be inclusive
4. Create fun and safe environments
5. Prioritise children's love for sport and physical activity
6. Develop foundational motor and game skills
7. Engage parents in a positive and constructive manner
8. Plan developmentally appropriate and progressive programmes and sessions
9. Use different coaching methods to enhance learning
10. Use competition in a developmental way

1. Be Child-Centred

Take the
'adult
glasses' off.

Always have
the best
interest of the
children at
heart.

Make the
game fit the
child, not the
child fit the
game.

How well do
you know
them?

Have you
asked them
what they
want?

@Heidi Thomas



2. Be Holistic

Coach the
Whole
Child

Children First,
Athletes Second

Develop
their
Positive
Self

Engage them
also Psycho-
Socially

@Heidi Thomas

Coach children,
not only sport...

Sport is just the
vehicle



Appreciation for the Club



3. Be Inclusive

Remove
Barriers

Cater for all
levels of Ability
and Motivation

Pay equal
attention
to all

Run
differentiated
sessions

@Hedi Thomas



Leave no child behind...

4. Create FUN and Safe Environments

Build the
relationship

Children want to
have fun and to
learn, but they
need to feel safe

Safety First:
Physical and
Emotional

FUN can mean
different
things

Don't let
learning get
in the way of
FUN

@Hedi Thomas

Bottle-Flipping for Sweets!



Air Ping Pong



5. Prioritise Children's Love for Sport

Make sure they come back

Only a few will be elite athletes, but ALL should fall in love with it.

Help them understand the benefits

Make the whole family active

@Heidi Thomas



The Coaching Children Pledge

@iCoachKidsEU
#iCKPledge

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6. Develop Foundational Motor & Game Skills

It leads to lifelong participation

At a young age, your sport is just a vehicle to develop foundational skills

Foundational Skills = Better Sport-Specific Skills

... and to increased performance

FMS & FGS can be a lot of fun

@Heidi Thomas

7. Engage Parents in a Positive & Constructive Way

Talk to them!

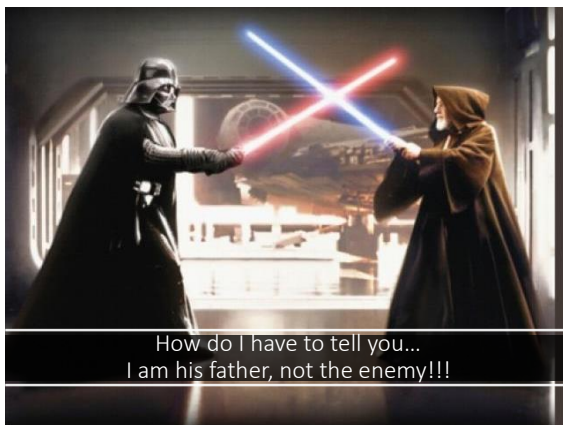
Parents are not the enemy, but our biggest resource

Parents know their child better than you

Dare to Educate them!

Parents have great skills

@Heidi Thomas



Parent & Player Days



8. Plan developmentally appropriate programmes

Have a vision and a dream!

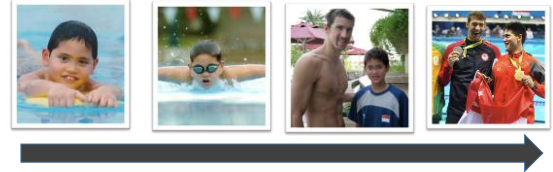
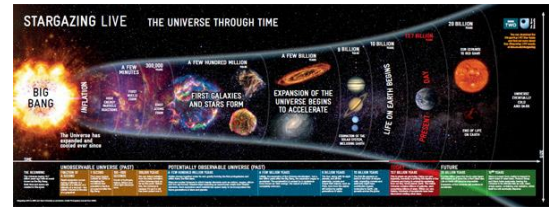
Not 'peaking by Friday', but long-term thinking

Work backwards to mid- and short-term goals

Be age/stage appropriate & realistic

Connect everything to the plan

@Heidi Thomas



9. Use different methods to enhance learning

Different methods = Different Outcomes

Learning is complex and it takes time

Different methods work better at different stages

Short Term vs Long Term Learning

Isolated Skill vs Skill in Context

Repetition vs Variability

@Heidi Thomas

10. Use competition in a developmental way

It can be a great motivator and FUN

Competition is neither good nor bad in itself

It has to be appropriate for age-stage

Competition as means to learning not end in itself.

Teach kids to compete, not to win

@Heidi Thomas

Gather the honey without harming the flower...

@iCoachKidsEU
@SergioLaraUK

Adapted verse 49 of Dhammapada

Mission Impossible?





A photograph of a group of children and a man, Sergio Lara-Bercial, cheering and raising their hands. The man is wearing a red shirt and is in the foreground. The children are in the background, some wearing orange and white shirts. The image is part of a presentation slide for the Youth Coaching Conference.

II Youth Coaching Conference
National Youth Sport Institute Singapore

**Thank You – Terima Kasih
Questions?**

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YOUTH COACHING CONFERENCE 2018
2 & 3 February

NATIONAL YOUTH SPORTS INSTITUTE
LEEDS BECKETT UNIVERSITY
ICCE
INSTITUTE FOR COACHING & COACH EDUCATION

EFFECTIVE YOUTH COACHING
the path to success