

II Youth Coaching Conference
National Youth Sport Institute Singapore

**Effective Youth Coaching &
What It Means for Sport Parents**

Sergio Lara-Bercial
Senior Research Fellow LBU & ICCE
s.lara-bercial@leedsbeckett.ac.uk @SergioLaraUK

YOUTH COACHING CONFERENCE 2018
2 & 3 February

EFFECTIVE YOUTH COACHING
the path to success

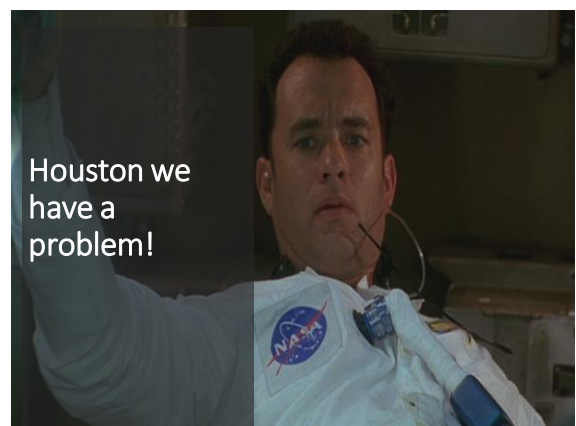
NATIONAL YOUTH SPORTS INSTITUTE
LEEDS BECKETT UNIVERSITY
ICCE



So what's up
with Youth
Sport?

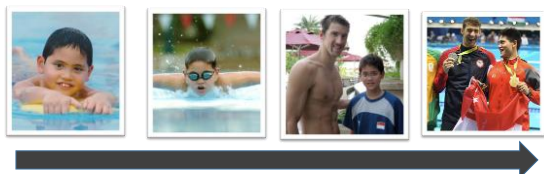
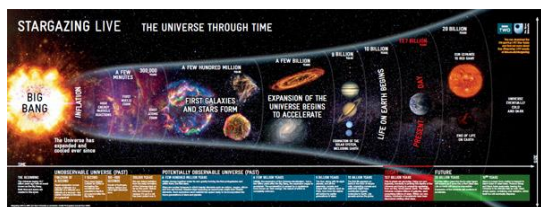


The Traditional View of Youth Sport – The Talent Pyramid –





Children are not
Mini-Adults...



Negative Consequences...

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



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





Samantha S
2 reviews
2 helpful votes

"place where nightmares are made"
 0/5 Reviewed 2 July 2014

Horrible place stay. The carpet is disgusting. The pool hasn't been cleaned in Lord only knows how long. They refused to give us clean towels. Right before we left we discovered someone else's food in the microwave. Never ever stay here...

Stayed June 2014, travelled with family

0/5 Value	0/5 Rooms
0/5 Location	0/5 Cleanliness
0/5 Sleep Quality	0/5 Service

Was this review helpful? Yes

Ask Samantha S about Executive Inn

This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC



1. Is Child-Centred

- Always has the best interest of your child at heart.
- Sees the world through your child's eyes
- Makes the game fit your child, not the other way around
- Pays attention to every child.



2. Is Holistic

- Wants to develop the whole child, not just the athlete
- Builds a relationship with your child
- Sees sport as a vehicle
- Deliberately creates opportunities for psychosocial development.



Appreciation for the Club



3. Creates FUN & SAFE Environments

- Understands that children learn better and more when they are having FUN
- Creates a physically and emotionally safe environment
- Makes you child fall in love with sport



Bottle-Flipping for Sweets!



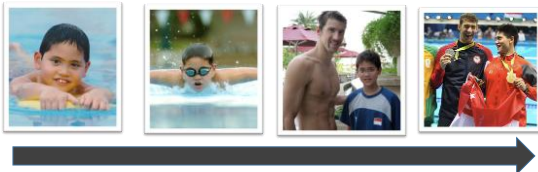
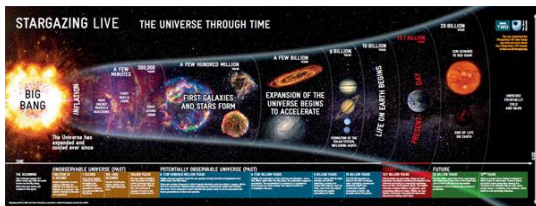
4. Develops Foundational Sport Skills

- Builds a solid foundation for your child to develop from later in life
- Balance, Coordination, Agility, Speed, Strength
- Less injuries, better long-term outcomes & more likely to stay in sport



5. Plans developmentally appropriate programmes

- No peaking by Saturday, but long-term approach
- Sets up activities, sessions and programmes that are age/stage appropriate.



6. Uses competition in a developmental way

- Not WIN AT ALL COST
- Uses competition as a means to an end (learning) not an end in itself
- Emphasises learning to compete, not learning to win



7. Engages Positively with Parents

- Takes time to build a relationship with you
- Sees you as a partner
- Let's you know how you can best help your child.



Parent & Player Days



1. Is Child-Centred
2. Is Holistic
3. FUN & Safe Environment
4. Develops Foundational Skills
5. Developmentally appropriate programmes
6. Uses competition in a developmental way
7. Engages Positively with Parents

Mission Impossible?



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Thank You – Terima Kasih
Questions?

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What type of sport parent are you?



Supportive?



Controlling?

My child is God's gift to the world?

The Good Sport Parent Handbook

In General

- Realise your child is not a mini-adult
- Encourage your child to play different sports
- Make sure you tell them how much you enjoy watching them do sport
- Show unconditional love and support
- Know it is their sport not yours
- Support and Challenge, but...
- Know when enough is enough

The Good Sport Parent Handbook

Before Competition

- Realise your child is not a mini-adult
- Be relaxed, they don't need added pressure
- Be excited, not anxious
- Encourage them to get everything they need ready for themselves
- Ask them if there is anything you can do to help them perform well

The Good Sport Parent Handbook

During Competition

- Realise your child is not a mini-adult
- If you enjoy watching your child play, so will he/she
- Encourage from stands, but do not coach
- Be a great role model: respect coaches, opposition and referees
- Value the whole team, not just your child

The Good Sport Parent Handbook

After Competition

- Realise your child is not a mini-adult
- Tell them how much you love watching them
- Show your child unconditional love despite performance
- Praise effort over results
- Do not have a post-comp 'car-talk'
- Do not force your child to do extra training
- Volunteer to help the club
- Positively and directly engage with the coach - no backstabbing.

