

II Youth Coaching Conference
National Youth Sport Institute Singapore

**Effective Youth Coaching:
The Path to Success**

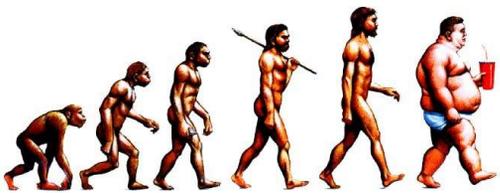
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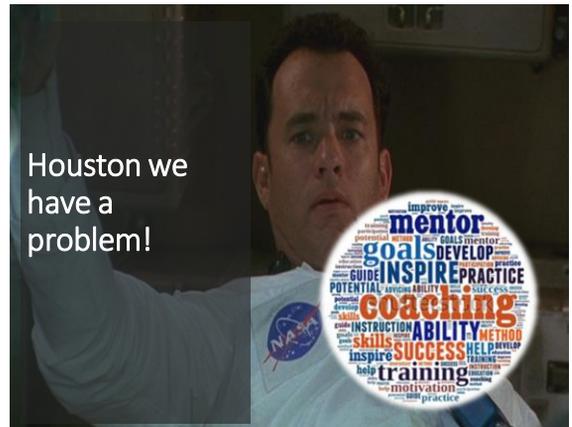
YOUTH COACHING CONFERENCE 2018
2 & 3 February

EFFECTIVE YOUTH COACHING
the path to success

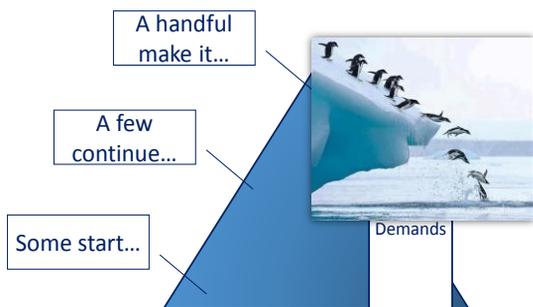


So what's up doc?





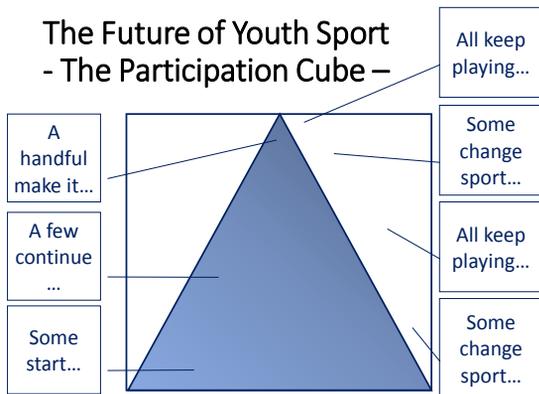
The Traditional View of Youth Sport – The Talent Pyramid –



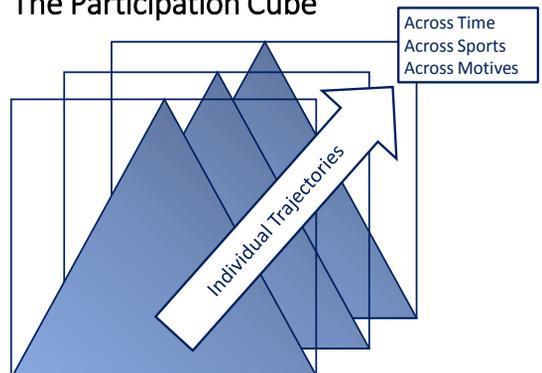
Negative Consequences...

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

The Future of Youth Sport - The Participation Cube –



The Participation Cube





Children are not
Mini-Adults...



Different species??



Right Coach, Right
Tools, Right Time,
Right Participant/
Athlete



Coaches skills
must suit the
job...

What do
coaches
really do?

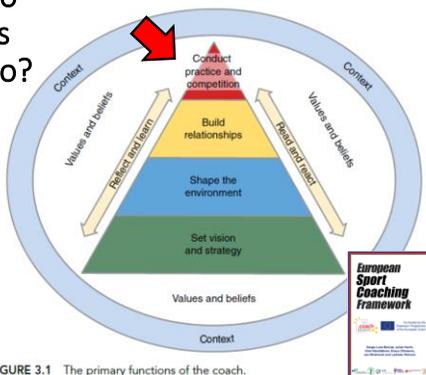
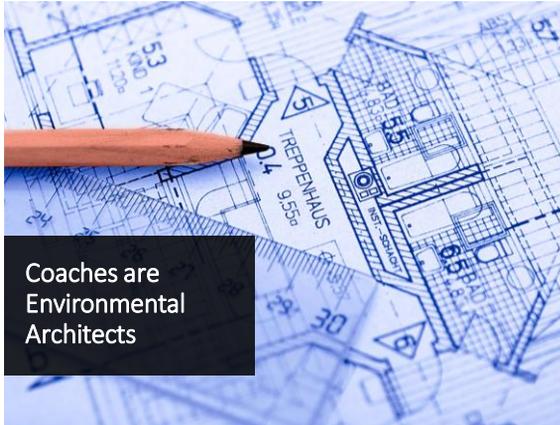


FIGURE 3.1 The primary functions of the coach.



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



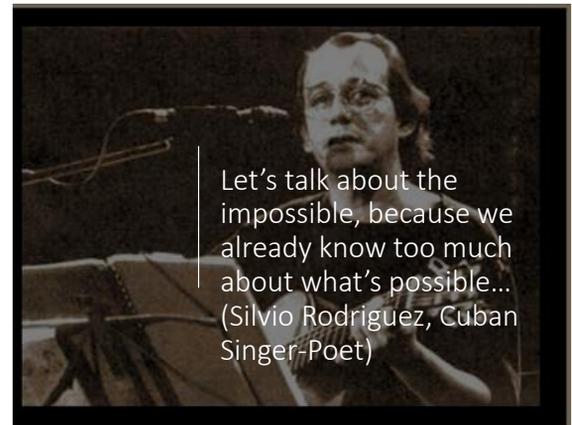
Coaches are Environmental Architects



Coaches Need a Big Toolbox



Mission Impossible?



Let's talk about the impossible, because we already know too much about what's possible...
(Silvio Rodriguez, Cuban Singer-Poet)

Co-funded by the Erasmus+ Programme of the European Union

@iCoachKidsEU
www.icoachkids.eu

The Goal:
To support the development of specialist youth sport coaches in the European Union

Where youth coaches meet, share and learn

Home About Us News Search Menu

iCoachKids: Innovative Education & Training for a Specialist Children & Youth Coaching Workforce.

Parents: Because You Care!
Have a look at our parents section so you can 'get in the team'

READ MORE

iCoachKids Resources

- iCK TV - See it to believe it
- Motivating kids in sport
- Safeguarding and protecting children in sport
- Diversity and inclusion in sport
- How children grow and develop
- Children's personal development: how can we help?

Erasmus+
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iCK News
iCoachKids Releases The European Coaching Children Curriculum
Monday, 11 December 2017

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

Make the sport fit the kids, |
not the kids fit the sport...

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

@Heidi Thomas



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

@Heidi 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

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The Coaching Children Pledge

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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!

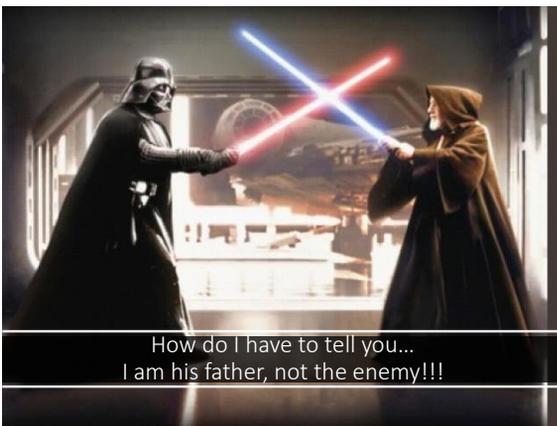
Parents are not the enemy, but our biggest resource

Dare to Educate them!

Parents know their child better than you

Parents have great skills

@Heidi Thomas



Parent & Player Days



8. Plan developmentally appropriate programmes

Have a vision and a dream!

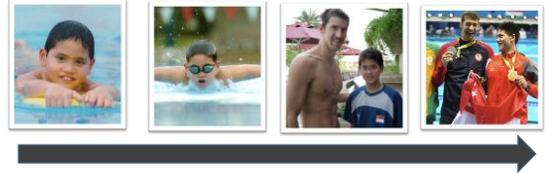
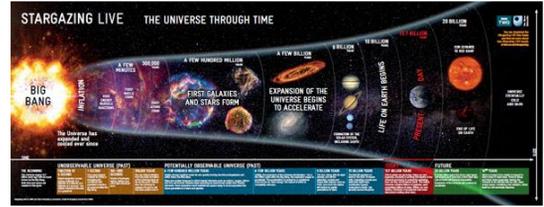
Not 'peaking by Friday', but long-term thinking

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?





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