



Developing Coaches, Inspiring Participation



Assertive
Friendly

Make simple changes

See it from participant's point of view

Non threatening

Confident Flexible

Keep in touch

Fun and **Not intimidating**

Fun

Open for everybody Develop skills

Motivate

Be committed Increase difficulty gradually
Goals for improvement

Everyone involved

Celebrates achievement

Warm and friendly

Welcoming

Creates a team feeling

Develop basic friendships

Supportive

Emphasise feeling better Find out about them

Can do attitude pride

Structured

Encouraging Develop friendships

Organised friendly

sense Chat

Encourage

Knowledgeable

Develop

Participation Curriculum

Participation Coaching Curriculum: A Guide for Governing Bodies of Sport



Interactive Curriculum

'How to Coach' Skills Curriculum



Online tool



Participation Coaching Curriculum Capabilities Tool





Participant segments

Developing

- Young people who have not moved into performance pathway

Sustaining

- Adults who continue to take part in recreational sporting activity

Relearning

- All ages who have lapsed in participation and are returning to sport and physical activity

Recreational Participant Capabilities



Personal and Social Skills





Personal and Social Skills

Connection	Helping adults connect with each other and the benefits of their chosen activity
Confidence	Ensuring adults understand how to define success and how they can get better
Competence	Coaching for the level of competence identified by participant and coach
Creativity	Encouraging adults to find their own way to practice play and perform
Character	Respecting codes of sport. Having standards for correct behaviour, a sense of right and wrong and integrity
Caring and Compassion	A sense of sympathy and empathy for others



How to Coach Curriculum

Level 1	Level 2	Level 3	Level 4
How to:	How to:	How to:	How to:
Keep Participants Safe	Keep Participants Safe	Keep Participants Safe	Keep Participants Safe
Make Sessions Fun	Make Sessions Fun	Make Sessions Fun	Make Sessions Fun
Explain	Explain	Explain	Explain
Provide Feedback	Provide Feedback	Provide Feedback	Provide Feedback
Listen and Question	Listen and Question	Listen and Question	Listen and Question
Observe and Analyse	Observe and Analyse	Observe and Analyse	Observe and Analyse
Set Up Demonstrations	Set Up Demonstrations	Set Up Demonstrations	Set Up Demonstrations
Intervene with Participants	Intervene with Participants	Intervene with Participants	Intervene with Participants
Set Goals	Set Goals	Set Goals	Set Goals
Build Relationships and Rapport	Build Relationships and Rapport	Build Relationships and Rapport	Build Relationships and Rapport
Adapt/Adjust Activities and/or Sessions	Adapt/Adjust Activities and/or Sessions	Adapt/Adjust Activities and/or Sessions	Adapt/Adjust Activities and/or Sessions
Differentiate	Differentiate	Differentiate	Differentiate
Promote Positive Behaviour	Promote Positive Behaviour	Promote Positive Behaviour	Promote Positive Behaviour
Coach for Positive Individual Development	Coach for Positive Individual Development	Coach for Positive Individual Development	Coach for Positive Individual Development
Coach for Long-term Athlete Development	Coach for Long-term Athlete Development	Coach for Long-term Athlete Development	Coach for Long-term Athlete Development
Review Your Coaching	Review Your Coaching	Review Your Coaching	Review Your Coaching

Personal and Social Skills



Inspiring Confidence

English	Japanese	Say	Action
one	ichi	itchy	
two	ni	knee	
three	san	sun	
four	shi	she	
five	go	go	

Inspiring High Performing Children's Coaches



Emotional Welfare

Physiological and
Psychological
Development

Transition Periods in
Children's Sport

Child Biomechanics

Inspiring High Performing Participation Coaches



Motivation

General theories
Market segmentation
Participant motivation

Skill Acquisition

Fundamentals for adults
Recreational S and C
Personal and Social skills

Engaging the
Hard to Reach

Coaching for Health
Physical
Mental

Connecting Coaches

