




In Pursuit of Excellent Children's Coaching

Towards a Shared Children's Coaching Ethos

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The Guiding Beliefs or Ideals that Characterise a Community

Children's Coaching Philosophy in NI: Coaching Aims

- ❖ To provide safe, fun and inclusive opportunities for children to develop a love for sport & a sporting habit for life.
- ❖ To develop a broad range of movement skills in participants to enable them to efficiently perform future sports skills & other activities.
- ❖ To develop fundamental skills of sports in participants & prepare for the acquisition of specific skills.
- ❖ To develop participant ability to positively influence activities through thinking, games sense and decision making.
- ❖ To develop participants who are confident in their ability, can work together with others, have a integrity & a respect & care for others.

Children's Coaching Philosophy in NI: Coaching Aims


- ❖ To develop participants with a well rounded experience in sport which allows them to apply learning in various sports settings.
- ❖ To develop empowered and creative participants who can think independently, problem solve and lead.
- ❖ To develop participants with an appetite for learning, who take on challenges & understand the value of effort & practice.
- ❖ To develop participants who are enthused to continue participation in sport throughout the lifecycle and/or achieve success through sports performance.

Children's Coaching Ethos in NI?

- ❖ To support the **holistic development** of the child.
- ❖ To support **diversification** and sampling of sports.
- ❖ To encourage **play** within & beyond organised sport.
- ❖ To encourage **inclusive** play & practice activities that focus on **fun, learning** & short-term rewards for **effort**.
- ❖ To promote understanding of the development **needs of the child** and discourage 'over-coaching'.
- ❖ To stretch, **challenge** & grow the child through coaching.
- ❖ To emphasise the importance of working towards to goals of **long-term** participant, long-term performer & personal development.

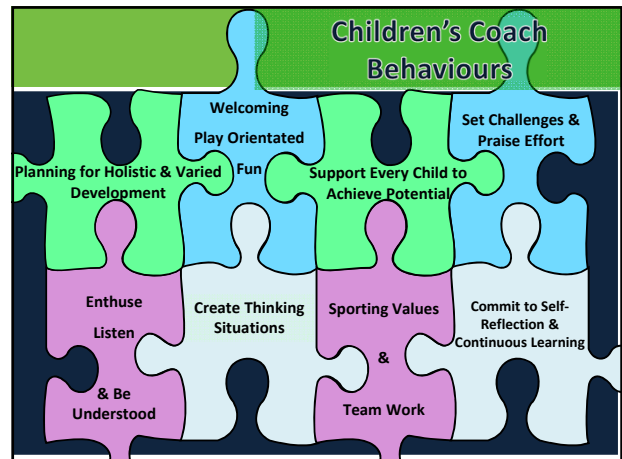
NI Children's Coaching Ethos

- ❖ Holistic development of the Child
- ❖ Diversification & Sampling
- ❖ Focus on Fun & Learning
- ❖ Reward Effort
- ❖ Empower Participants
- ❖ Stretch & Challenge
- ❖ Focus on Long-Term Outcomes



Children's Coach Behaviours

- ❖ Plan for holistic child development & a variety of activities
- ❖ Provide a welcoming environment, get children playing & having fun
- ❖ Support every child in the group to achieve their potential
- ❖ Enthuse, listen & communicate in understandable language
- ❖ Challenge children, praise their effort in attempting difficult tasks & encourage them to try new things
- ❖ Create situations where children need to think, make decisions & come up with their own solutions
- ❖ Display & encourage sporting values & teamwork
- ❖ Commit to Self-Reflection & Continuous Learning



The Detail & Reference Points

❖ Multiple Outcome Coaching	❖ scUK Children's Coaching Curriculum
❖ Positive Development Through Sport <small>(C System)</small>	❖ Coaching Children in Sport, Ian Stafford
❖ Multi-skills Pyramid <small>(FOM/ FMS/FSS/SSS)</small>	❖ Evidenced Based Youth Sport, Jean Côté
❖ The Inclusion Spectrum	❖ Activ8 Wildcats Coaches Resource
❖ Learning Zone	❖ Mindset, Carol Dweck
❖ The SPECC Model	❖ Physical Literacy
❖ Growth Mindset	
❖ Participant Development	