

6 KEY RESPONSIBILITIES OF A CHILD-FIRST COACH



1. Make your sessions fun and feedback-filled

“Make sure they have a positive experience in your care. In order to do that, you’ve got to be curious. Ask questions – ‘What’s the one thing you love doing?’ or ‘If I give you feedback, how would you like me to do that?’”



Russell Earnshaw, Magic Academy



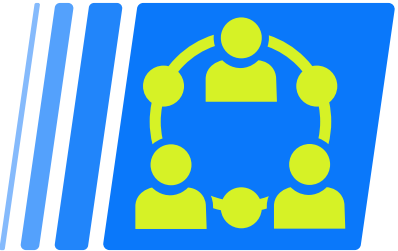
2. Plan your sessions with your players

“Involve players in planning just so you check in that you’re meeting their needs,” says Russell. “It’s good to have a framework around your environment and how you want it to be. For me, I would use the PACE model: so playful, accepting, curious, empathetic.”



3. Keep children and young people safe

Make sure you have your DBS certificate (Disclosure and Barring Service) up to date, ensure the health and safety of the children and young people you coach and stay updated on best practices.



4. Get to know the children and young people

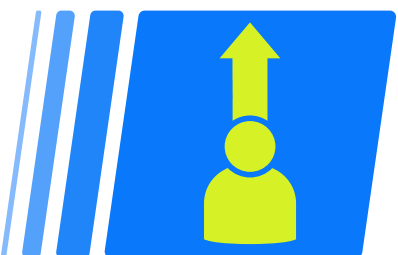
“That mentoring and coaching side off the pitch is equally as big as the coaching session that you’re delivering - if not probably bigger in some instances.”

Alexander Giles, Activity Alliance



5. Remember age, stage and ability

“It’s all about the information, and the level [or amount] of information you can give at one go,” says Alex. “When you’re working with younger athletes, I don’t want to give more than three or four coaching points at once, because you’re then starting to get to overload.”



6. Never stop learning

Being child-first in your practice is about the journey, not the destination. Keep learning, adapting your sessions and, most importantly, keep listening to children and young people.