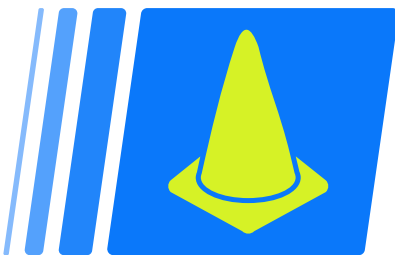


# LIZZIE EDGECOMBE'S 6 TOP TIPS FOR COACHING CHILDREN AND YOUNG PEOPLE WITH MIXED ABILITIES



Lizzie Edgecombe is a Project Manager at Access Sport which is a national charity that was formed in 2004 to promote inclusion in sport and physical activity.



## 1. Create a clear theme for the session

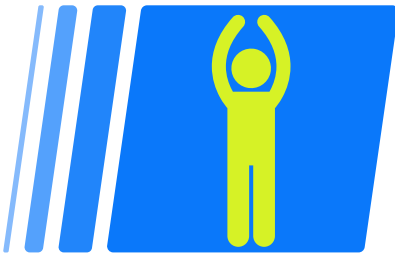
Having a clear theme, such as a skill development, will help you choose activities that build towards that theme.



## 2. Get creative

Once you have planned the activities for the session get creative and think about how you might adjust your plans if necessary.

**“It’s thinking about who could turn up and how you might adapt your session. By covering all the bases, you’re not flustered if someone new does turn up, and you also have options in place so that you don’t have to change everything. You can tweak your ideas, and you’re away.”** Lizzie Edgecombe



### 3. Nail the warm-up

Choose a warm-up activity that enables everyone to participate at the same time. This creates a sense of fun, but also gives you the opportunity to observe any new players to see how they move and engage.



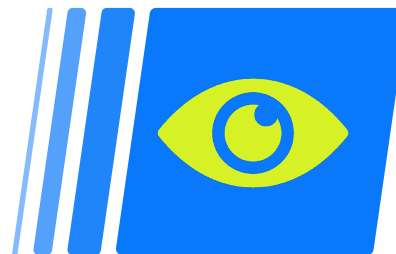
### 4. Use the STEP model

The STEP model is a reliable framework for modifying activities. Use it to identify ways you can adapt your activity. For example, if you need to slow a game down why not use a balloon instead of a ball?



### 5. Ask and listen

Ask the children that you coach what they'd like to try, or how they'd like to use a certain portion of your session, ensuring that all voices are heard.



### 6. Be observant

**“Kids are pretty obvious if they’re not having fun. You see them getting distracted, you see them not smiling, not laughing. At that point, you know that you need to have a chat. Sometimes it may be stopping the group from moving on, but sometimes it’s related to what’s going on with that individual.” Lizzie Edgecombe**

The best way to find out is to simply have a conversation and be ready to listen – not make assumptions and act if you can help.