

DISCUSSION CARDS FOR COACHES

1. What does a successful child-first coach look like to you?

2. How can you incorporate children's feedback into your coaching practice?

3. What are some challenges you might face in implementing a child-first approach, and how would you overcome them?

4. How can you create an environment where every child feels comfortable expressing their opinions about the sport or activity they're involved in?

5. What strategies can you use to ensure that quieter or less confident children also have their voices heard in your coaching sessions?

6. In what ways have you adjusted your coaching style or activities based on feedback or suggestions from the children?

7. How do you balance providing structure in your coaching sessions while also allowing children the freedom to make choices?

8. Can you share an example of a time when giving children a choice led to a positive outcome in your coaching?

9. What challenges have you faced in implementing a choice-driven approach and how have you overcome them?

10. How do you support individual children's development journeys in a group setting?

11. What methods do you use to track and celebrate each child's progress?

12. How do you adapt your coaching to cater to children at different stages of their physical and emotional development?



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13. Reflecting on the concepts of voice, choice, and journey, what changes would you like to implement in your future coaching sessions?

16. If you could change one thing about your coaching practice tomorrow, what would it be?

19. If you were coached by a child-first coach when you were younger, how do you think that would have impacted you?

22. How well do you listen to the children you coach, respect their perspectives and value their uniqueness?

14. What were your experiences of coaching when you were a child? Tell me about one.

17. To be a child-first coach do you think you need more support from your club/organisation?

20. Do you think child-first coaching means you don't win medals or trophies?

23. How actively engaged are the children in your coaching sessions?

25. How do you use mistakes as a learning tool in your coaching?

15. As a coach, how do you want to be remembered when the child you have coached grows up?

18. If you were a parent, how do you think you would feel if your child was coached by a child-first coach?

21. Are you fostering a lifelong love of sport and physical activity among children?

24. Do you prioritise individual development and well-being or team achievement?



