

CHALLENGE YOURSELF



Ready to take action? Ensuring young people have the right to develop means that they have the freedom to create, innovate and take ownership of their own sporting journeys. But how can you support them to do this? Here are some child-first coaching resolutions that you might want to try in your next session.

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- A blue spiral-bound notebook with a white page. On the right side, there are three sticky tabs in purple, pink, and yellow. A yellow pencil with a red eraser and a silver ferrule is positioned diagonally across the bottom right corner of the page. The notebook is set against a white background.
1. Co-create a challenge with your participants for them to have a go at in the next session
 2. Develop an individual development plan alongside each participant that reflects their interests and development needs
 3. Find out something new about the people taking part in your activity to help build a stronger personal connection
 4. Start by asking three people from your sessions about their day. What have they enjoyed and not enjoyed?
 5. When communicating with participants, focus your language and message on progression, not perfection.