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## TIPS FOR COACHING YOUNG PEOPLE OVER RAMADAN

Thanks to Dr Irfan Khawaja



1. Consult with young people and their families who are observing Ramadan to understand their needs. Together co-create activities that can ensure meaningful participation in physical activity where everyone feels included.



2. Modify both the timing and choice of activities to suit young people's energy levels. Could you move sessions to the morning, when they are more likely to have more energy as a result of Suhur (the meal taken just before dawn)



3. Adjust the duration and intensity of sessions. These could be smaller, bite-size activities, with more rest breaks; and not as high intensity.



4. Avoid planning competitions and tournaments throughout Ramadan that take place after school.

