

# WHAT'S THE CHILD-FIRST COACHING PILLAR?

Guess which child-first pillar the coach is talking about.

1. "At the beginning of every session I make a point of finding out how each child's week has been so far. I ask the question in a group setting as well as asking the quieter children individually. This not only helps me get to know the children better, it also helps me to gauge the mood and energy levels of the group" Sarah, Hockey Coach

Voice  
Choice  
Journey

2. "Every Thursday I coach a group of children athletics. Although athletics is an individual sport I think it's important that the children get to know each other and play together. At the end of every session I ask the children to choose a game to end on. It doesn't have to be related to the sport, just a game they want to play together." John, Athletics Coach

Voice  
Choice  
Journey

3. "What I find difficult is ensuring all the young players get what they want out of the sessions. I've started setting up three activities which focus on different skills and I ask the players to choose which one they want to do based on what they want to focus on in the session." Manish, Football Coach

Voice  
Choice  
Journey

4. "This year I am coaching a quiet group of young people which I am not used to! In the past I've been able to directly ask the group what they liked and what they didn't. This time it's different. I've started printing off emoji's and cutting them out. I write the activity on the board and as the young people leave they choose an emoji and stick it under the activity." Nadia, Dance Coach

Voice  
Choice  
Journey

5. "The children and I have created a pack of activity cards based on the games they have created together which focuses on a different skill. The children choose games from the pack and we play one at the beginning and the other at the end." Maria, Rugby Coach

Voice  
Choice  
Journey

6. "I used to think it was one size fits all and that everyone should be following the same programme and achieve the same goal. I quickly realised that just doesn't work. Now, when I start a new coaching programme I ask each child what they want to get out of it and I make sure that the activities we do within the sessions help the children achieve their goals. At the end of the programme we always celebrate everyone's individual achievements. I think that's important because it builds confidence." Kaleb, Canoeing Coach

Voice  
Choice  
Journey

# GUESS THE PILLAR ANSWERS:

1. Voice
2. Choice
3. Journey
4. Voice
5. Choice
6. Journey