

6 SIMPLE QUESTIONS FOR SELF-REFLECTION

IN YOUR CHILD-FIRST
COACHING PRACTICE



JOURNEY

Every child is on their own development journey in and through sport. Supporting young people to have ownership of their own experiences will ensure a lifelong love for being active.

Allow yourself the freedom to think through the below questions.

Looking back at the last session...

1. How do you approach understanding what the aspirations, goals and motivations of the individual children are?

2. How did you alter your approach during the practice to make sure each child is meeting their own objectives?

3. What skills do you think children and young people are able to take back to their other sports and activities outside of the sessions?

4. How did you adapt your activities to include all children, regardless of their ability?

5. How well did you use your language to encourage effort rather than outcome?

6. Did you create opportunities in the session for children to reflect on how they are developing?

On a scale of 1-10 how would you rate your ability at creating an environment for voice, choice and journey?

1	2	3	4	5	6	7	8	9	10
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Why did you rate that number, and how can you improve it by 1 at the next practice?

Did anything get in the way of your plans to support voice, choice and journey in the practice?

Looking forward to the next session...

1. How can you learn more and create individual development plans with the children and young people?

2. Are you aware of the nonlinear nature of children's learning and development? If not, where can you learn more so that you can better support them?