



Topic: Healthy Living

Badge: Coaching

Suggested Supplies: Journal, Pen & Paper, Blank Calendar, Light Refreshments

Helpful websites:

How to Become a Sports Coach

<https://www.wikihow.com/Become-a-Sports-Coach>

What does it take to motivate a team to accomplish their goals and dreams? The best coaches put their answers into action at every practice. In this badge, find your answers and share them! Coaching is an opportunity to share your love of a sport, demonstrate your athletic skills, and inspire and empower athletes to realize their potential.

At this time, maybe instead of a group, you can practice on a parent or sibling!

Steps:

Step 1: Begin to outline your coaching strategy

Before you identify your team and the activity you plan to coach, dig into coaching strategies. In this step, focus on three areas: how to motivate a team, how to train, and how to assess progress. After you've gathered tips from pros, gather the tips together, and start your personal coaching playbook. (As you grow through the badge with more ideas and observations, you can add to the playbook – it's your personal and inspirational reference.)

CHOOSE ONE:

Talk to a great coach or highly experience athlete. Ask for insights from a coach or a professional or amateur athlete. It might be someone who coaches at or plays for a school, an after-school program, or a local college or university. You might ask to see a playbook – and take notes!

OR

Watch three sports documentaries. The sport doesn't have to be the one you'll coach – this is about the nitty-gritty of strategy. As you watch, keep the three focus categories in mind, and analyze what makes the coaches you see successful.

OR

Attend an online coaching clinic or seminar. Check online for various coaching clinics and sports camps. While participating in the clinic or seminar, look specifically for ideas about the three focus areas.

Step 2: Conduct a first assessment

Do one choice to clearly define each of your athletes' objectives for your sessions, as well as the team goal (if appropriate). Depending on the sport or event you're coaching for – or what individual or group assessment may be most appropriate – decide which choice is best for your group.

Tips for Assessment

- Treat each athlete as an individual. Try not to compare their performance to someone else's. Especially if you're working with younger girls, remember that an individual player's goals might be simply to learn the game or reach a personal best.
- Remind athletes to respect each other and use good sportsmanship – an assessment shouldn't feel competitive.
- Acknowledge and show appreciation for everyone's contribution, no matter how small. It's a great way to encourage performance.
- Handshakes and attitude count! When meeting your athletes for the first time, introduce yourself, make direct eye contact, repeat their names, and offer each a firm handshake.

CHOOSE ONE:

Prepare individual questionnaires. Ask each athlete to assess where they are in their sport and what they want to gain in your time together. Review the questionnaires, and meet with each person to set goals and outline how they might achieve them.

OR

Host an initial session. Design a fun session that tests players' skills and/or how they work together as a team. The drills should help them decide on goals for your sessions. During the session, make notes to assess the skill level of each player and how you think you can help.

OR

Prepare a goal chart together. In a group, ask players to discuss what they hope to accomplish in their sessions. Together, make a chart outlining a training schedule and goals for each player, as well as for the team collectively, if appropriate. Use the chart to help you guide each session.

Step 3: Design your coaching plan

Combine what you learned about coaching strategies and what you now know about your players into a coaching plan that utilizes everyone's best skills. Use at least one of these choices to help you define and design your plan for each of your sessions. You'll need to run at least one session in each of the four weeks to complete this badge.

Leading By Example

Design your drills, and start with a demonstration. If you don't feel comfortable demonstrating a skill, ask an athlete who is to do the demonstration.

Try this process:

1. Demonstrate the skill.
2. Next, ask your group to perform the technique several times alongside you or the athlete doing the demonstration.
3. Now, ask your athletes to perform the technique on their own.
4. Be in the immediate area so you can answer questions if someone gets stuck. Guide them through the problem, but allow them to fix it on their own.

CHOOSE ONE:

Design a special warm-up and cool-down. For any sport, it's important to stretch before and after training. Instead of running through these components in a basic way, research the best stretches and warm-up exercises for your sport, and put them together in a unique format. You might incorporate some fun trust-building games or exercises.

OR

Research and choose some training drills. Are they too hard, too easy? Try them out on your own. If neither you nor any of your athletes can do a particular skill your team needs to practice, find someone who can demonstrate it. (See the sidebar for tips on drills.)

OR

Open and close each session with a message. Interview a sports psychologist or find some sports psychology tips (perhaps on motivation, teamwork, or perseverance) to inspire your athletes. Incorporate these tips into the opening and closing of each of your sessions. You might even get creative with visuals and music or by singing an inspirational song.

Step 4: Put your plan into action - and revise it, if necessary

Now's the time to start sessions. At some point during your four weeks of coaching, get some feedback to help you assess and improve your coaching plan. **At this time, maybe instead of a group, you can practice on a parent or sibling!**

Ask your “players” to coach you! Discuss with your audience, as a group or individually, how you're doing as a coach. What have they loved about your sessions, and what suggestions for improvements do they have for you? You might design a questionnaire, and then discuss their answers to lead the conversation.

Step 5: Attend the big event, and make a final assessment'

Be there at the final event – whether a game, tryout, race, or performance – to coach your athletes to success or to cheer them on! Review their goals, and take notes on their performance so you can offer specific feedback.

CHOOSE ONE:

Meet with your players for a relaxing post-training assessment. While there, ask each athlete to share two or three things they learned in your sessions. Find out if they think they met their goals, and if not, why not? Tell them how you think they did and why you're proud of their accomplishments.

OR

Host a celebration. Get your family together for a post-event party. Over food and fun, discuss how it went. Focus on what goals were accomplished, and share encouragement for the future.

FOR MORE FUN: Before the event, make individual cards for each athlete. Offer positive feedback on their progress. This way, no matter the result of the final game, competition, or tryout, each person will have a written record of their success.

OR

Make a “trading card” for each athlete. You'll need a photo of each person in your group (you could take one at a practice session or during the final event). Review your first assessment and how far each person has come toward reaching their goals. Choose decoration, statistics, sayings, or inspirational tidbits specific to each person.

Tip: If your group doesn't have a specific event to work for, create one! Show off new skills for your family.

***Once completed, this badge can be purchased at the following direct link:**

<https://www.girlscoutshop.com/AMBASSADOR-COACHING-BADGE>

Please visit the following link to complete a quick survey on this virtual badge:

<https://gswestok.wufoo.com/forms/virtual-badge-completion-survey/>