

Coaching Kids

Children's Sport

The aim of children's sport is to provide an opportunity to become involved in physical activity to promote immediate and long-term benefits for the participants. These benefits will be observed in terms of higher levels of fitness, better health, pleasurable social involvement and the satisfaction derived from skilled performance in individual and group activities.

Bill of Rights for Children's Sport

ALL Children have the right to:

- * participate in a wide range of sports
- * participate at a level suiting each child's level of maturity and ability
- * qualified adult leadership
- * to play as children, not as adults
- * to share in leadership and decision making roles
- * participate in healthy and safe environments
- * proper preparation for participation in sports
- * an equal opportunity to strive for success
- * be treated with dignity
- * have fun whilst playing in sport

Coaching children is not only touch, but in any sport comes with great responsibility. The coach has many responsibilities to fulfill, not only to their players, but to the parents of the players, themselves and their sport.

Through coaching kids, people can also gain a sense of accomplishment. Through coaching kids, coaches are encouraging participation in outdoor and healthy activities, developing social values and recreation.

Sports Coaches Australia defined the responsibilities of a coach, how they can help their participants and some useful hints for coaching children.

Coaching Responsibilities - The Program

C. Creative Programs - Maintain interest and allow problem solving situations.

O. Organised Sessions - Should be progressive and accommodating to all levels of participants.

A. Adoptive Attitudes - Show resourcefulness with equipment, facilities and participants 'growing pains'.

C. Committed Time Span - Realistic scheduling of practices and competitions

has a motivating effect and allows for other interests to be pursued.

H. Healthy Environment - List needs. Testing should be encourages and specific training programs structured where necessary.

I. Information about Rules etc. - Videos and other resources should be constantly used.

N. Needs of Participants - Attention to age, weight, height and appraisal of performances. Plenty of challenges included.

G. Generous with Praise

Coaching Children - Practical Hints

C. Commit

Commit some time to the proper planning of each session. Allow for period of warm-up and cool-down at the end of each session.

H. Happy

Happy is what all children should be during training and playing. All coaching sessions should be fun and the coach who plans activities for the enjoyment of children will find the experience rewarding.

I. Inform

Children need information if they are to improve. The coach should try to make performance feedback positive and informative. Taking notes at training is one way to make sure correct assessments are made.

L. Layout

The effective coach will arrange the layout of the session so that all children are clearly in view as they work at their activities.

D. Demonstration

Never underestimate the power of a good demonstration. During the demonstration, make sure you highlight the main points and perform the skill a number of times.

R. Respect

Respect the needs of the children and try not to impart your needs on those who may not wish to accept them. Children play sport for their own reasons and the smart coach respects and understands these needs.

E. Early

An effective coach arrives early to the game and training and prepares any equipment and activities so that the children can begin soon after arrival

N. Never criticise or berate young children for poor or inadequate performance. Always be positive in your feedback and provide encouragement.

How to Help the Participants

K. Know your kids

- * Enthusiasm
- * Motivation
- * Physical and Mental Characteristics

I. Interest your kids in

- * Modified Rules
- * Short Work Sessions
- * Fun and Challenge

D. Develop your kid's

- * Fitness Levels
- * Skill Levels.
- * Fair Play Codes

S. Success for your kids by

- * Regular Appraisal
- * Training Games
- * Competitive Situations

Our children are our players of the future, and therefore they need to be encouraged and their talents nourished for a bright future.