

## UK Coaching Awards

### Community Coach of the Year - Children and Young example answers against the *People Principles* aligned criteria

#### **Person-Centred**

How does the coach take time to understand their participants and put their needs first - ensuring sessions are safe and everyone is included?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Connects with and understand all participants as individuals
- Creates an inclusive environment where everyone is supported to meet their goals
- Puts welfare, health and well-being first and ensures that participants feel safe

*Charlie is a coach at a local tennis club, but everyone is welcome at his sessions.*

*He spends time with each youngster to understand:*

- *why they want to attend*
- *What other activities they do*
- *What they enjoy/want from the sessions*
- *Future aspirations*

*His sessions are accessible:*

- *Everyone is welcome*
- *There are no block fees*
- *There is no expectation to join the club*

*He has helpers (parents/youngsters), so that groups are small and meet individual needs.*

*Each session is split into different ability levels, with lots of one to one support from helpers. Development of confidence and social skills are key elements, as well as tennis skills.*

*He also moves participants up to other sessions if they want more competition opportunities*

*As a parent I feel Charlie works hard to:*

- *build confidence of individuals*
- *encourages youngsters to work together*
- *involve parents/others, to help understand participants and make sure they feel safe*

*This answer is 150 words*

#### **Empowering:**

How does the coach give participants the opportunity to input into the sessions and decisions that affect them? How do they try and ensure their participants leave feeling motivated, valued and listened to?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Creates an environment where children and young people feel empowered and motivated

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- Actively encourages feedback (from participants, parents, volunteers, coaches) and acts on it
- Develops sessions together with their participants and parents/carers where needed and allows young people opportunities to take the lead

*Charlie spends time in the session explaining things, using demonstrations and asking the youngsters to demo too. He constantly provides feedback to each player and asks others to say what was good about a shots or demos they do.*

*He also:*

- *encourages feedback from players on the activities*
- *asks what warm up/cool down games they like and includes them in sessions*
- *asks participants to make up their own practices and run them for the group.*
- *develops in group competitions and encourages the youngsters to organise/run them.*

*There are group feedback sessions with children and parents to make sure people can speak up about what they like/don't like.*

*Charlie makes sure he knows what other sport/activities youngsters do. He amends practices/sessions to fit in with other activities they have.*

*The volunteers/other coaches are also encouraged to bring their ideas forward and run activities for groups with his support.*

*This answer is 147 words*

### **Organised**

Tell us about the organisational skills of the coach. How do they make sure that everyone (participants and others supporting sessions) understands everything they are being asked to do and why?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Creates an environment where children and young people understand what they are trying to achieve
- Ensures everyone involved (participants, coaches, volunteers) understands what they are doing and why

*The sessions that Charlie runs are split into three groups, which players move through when they are ready and comfortable to. They run on ability levels and **personal goals**.*

*He will discuss with players and parents about when it is time to move into the next ability group. This will depend on:*

- *Age or length of time someone has been playing*
- *Goals of participants*
- *Skill level, and:*
- ***Most importantly the youngster feels comfortable to do so***

*He has several helpers (parents/youngsters) who help him with each group. Each session also considers ability levels, and what skills youngsters feel they want to work on. Groups in the session are small and youngsters move round, so they can meet individual needs throughout the session.*

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*Coaches meet early to set up for the session, and chat after each session with partners and youngster get feedback, and plan for the following week.*

*This answer is 148 words*

### **Positive**

Tell us about the positive impact the coach has had on children and young people. How have they helped their participants to feel positive about being involved and proud of what they do?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Has helped people develop a positive attitude towards sport and physical activity
- Role models being positive in their behaviours at all times

*Charlie is passionate about tennis, youngsters staying active, and trying other sports/activities. He*

- *Encourages individual development at own pace*
- *Stretches some youngsters—into a higher level of coaching at the club*
- *Provides a flexible environment*
- *Encourages sharing of achievements at sessions – from outside tennis*

*He helped a youngster find a local football club, after being left out of a school team. His parents were thrilled at he has found another playing opportunity*

*He worked with a girl to build up her confidence to try tennis. At first, she was overwhelmed, and too shy to be involved. He worked with her (and parents and best friend) to build up her confidence. She has taken up another sport and joined a gymnastics club too!*

*Charlie is a great role model, with his can-do attitude. At end of every session he thanks people for trying hard, listening and working with together.*

*This answer is 149 words*

### **Learning**

Explain how the coach helps the people they work with (participants, volunteers, coaches) to progress. How are they committed to their own learning and development as a coach?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Works with their participants to help them learn and progress in the sport or activity
- Is committed to learning and development of themselves and others
- Has invested time and energy in developing themselves within coaching and is keen to continue learning and developing

*Charlie has an interactive approach to help youngsters learn. He:*

- *asks questions*
- *encourages observation and feedback on demonstrations*
- *encourages kids to demo, develop games and feed in ideas*
- *encouraging kids to watch tennis and discuss what they like about the playing techniques of their favourite players*
- *gives them little activities to try at home*

*He encourages older players, parents to get involved:*

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- Older players to complete leaders and coaching awards
- Parents to get involved in supporting sessions (more support to player to help meet individual needs)

Some of the other parents have expertise in coaching outside of tennis, and he encourages them to input into sessions with their knowledge and experience.

He works with other coaches to learn and develop and holds regular coaches' meetings where ideas are discussed.

Charlie is a qualified tennis coach, and ensures DBS, safeguarding and first aid are kept current.

*This answer is 145 words*

### **Engaging**

How does the coach make sure that everyone enjoys taking part and helps participants stay involved? What great ideas have they used?

The award criteria for this question is detailed below. You will need to cover these points within your answer.

The coach:

- Ensures enjoyment
- Help build confidence
- Engages children and young people in the sport or activity so that they stay involved

*Enjoyment and building confidence are key for Charlie. He encourages youngsters to:*

- work together
- manage activities themselves to build confidence and teamwork
- mix partners so everyone is comfortable working together
- bring friends/siblings

*Charlie has a proactive approach to ensuring children are enjoying sessions. He runs group and individual feedback activities make sure session are enjoyable/meeting needs. He also has a 'Feedback Board' where children and parents are encouraged to leave feedback for coaches to review.*

*He finds individual ways for youngsters to engage. One child who came and was very shy/didn't want to play. Charlie encouraged him to a 'helper' instead. Now he is playing and really enjoying it*

*He supports better players to work with novice players to understand the importance of peer support.*

*He discusses/encourages youngsters getting involved in other sports/activities too. He is not 'precious' about tennis – being active and enjoying sport is his key message.*

*This answer is 149 words*