



Athletic Development and Physical Preparation

Kickstarter

Name:

Date:

Kickstarter Checklist

Coaching Essentials

Equip yourself with coaching essentials to drive your continuous improvement and performance

- Physical Literacy and Athletic Development
- Physical Literacy and Athletic Development
- Growth and Maturation
- Additional Stretch Activity

Coaching Enhancements

Boost your coaching skills with our effective Coaching Enhancements

- Growth and Maturation
- Injury Prevention
- Additional Stretch Activity

Coaching Extras

Explore deeper insights to apply in your coaching practice with Coaching Extras

- Growth and Maturation
- Additional Stretch Activity

Coaching Essentials

1. Physical Literacy and Athletic Development



Consider

Consider the movements within your sport, then break these down into the general movements required to perform this. How do you practice and develop these movements within your sessions?

2. Physical Literacy and Athletic Development



Reflect

Reflect how well do your participants move?

Do you review and reflect upon their performance and development through a physical 'lens'?

3. Growth and Maturation



Consider

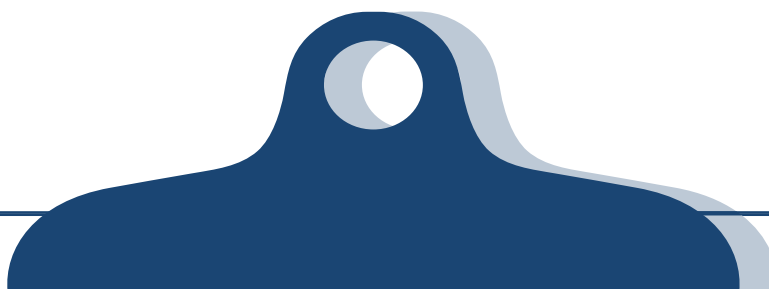
What abilities do you select your participants based on? Are you seeing/selecting potential or performance (maturation)?

Additional Stretch Activity



Have a go

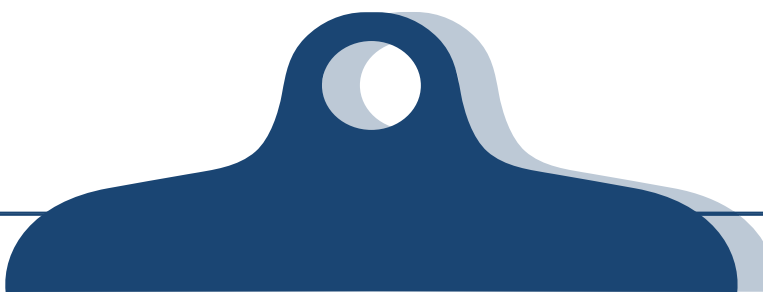
Graduated Return to Activity and Sport (GRAS) for head injuries is crucial for every coach to know. Arrange a parents/carers meeting to discuss the importance of the concussion and return to play protocol and their role in support you and their child's return to activity.



Date	
Time	
Venue	

Key discussion points (as a checklist)





Key discussion points (as a checklist, continued)

Handouts

For more information click below:
[UK Concussion Guidelines for Non-Elite \(Grassroots\) Sport](#)



Coaching Enhancements

1. Growth and Maturation



Reflect

Do you coach to the top? Do you spend most of your time with the individuals who are currently performing the best? Reflect upon your coaching behaviours and practice. How much time do you spend with each participant? Is this equal? Do you offer them the same feedback, check ins (these are important, subtle affirmation and show you value the person), challenge and support? What will you do differently at your next session?

2. Injury Prevention



Have a go

Coaching within your scope of practice is very important. Reflect who in your support network could provide advice on injury prevention and rehabilitation to your participants. If you have recognised a gap in your current network, reach out to connect with a medical professional locally.

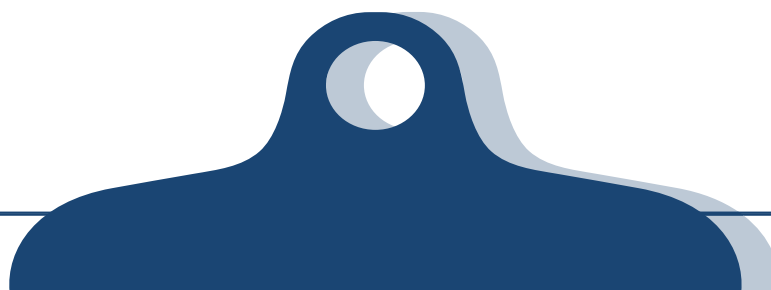
Additional Stretch Activity



Reflect

Physical Preparation

How do you include the physical preparation of specific capacities within your coaching sessions? Do you have deliberate sessions for Physical Preparation, have this as a targeted focus within your coaching sessions or incorporate these within your activities and games. Use the Clipboard to help you plan your next session to include a physical preparation component.



Coaching Extras

1. Growth and Maturation



Consider

Consider Matthew Effect, Pygmalion Effect and Golem Effect as a perfect storm. How do you manage these within your coaching practice?

Additional Stretch Activity



Have a go

Physical Literacy and Athletic Development

Take a moment to consider the fundamental movements in your sport or physical activity. Now rank the three most frequently used. Create a challenge or puzzle for your participants to use at your next session. Remember: if they have not developed the movement you may need to support, explore and teach this before they can engage in the puzzle.

Notes