



Skill Acquisition Kickstarter

Name:

Date:

Kickstarter Checklist

Coaching Essentials

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

- Modifying and adapting the environment
- Non linear development
- Additional stretch activity

Coaching Enhancements

Boost your coaching skills with our effective Coaching Enhancements

- Modifying and adapting the environment
- Non linear development
- Additional stretch activity

Coaching Extras

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

- Modifying and adapting the environment
- Additional stretch activity

Coaching Essentials

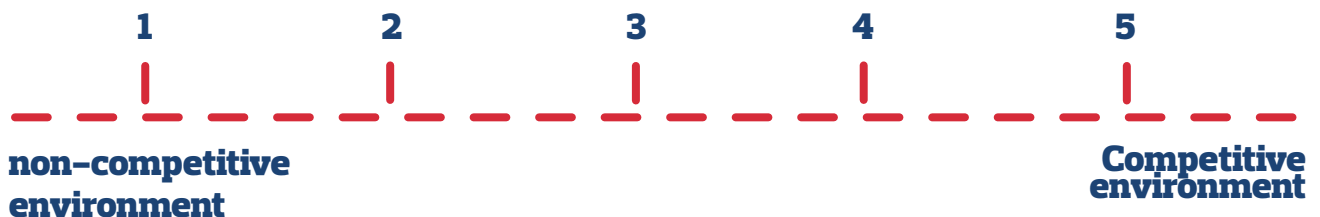
1. Modifying and adapting the environment



Reflect

Reflect on the activities that you use in your coaching sessions, think about how much it is like the full representative competitive environment. It may help to review your last session plan.

- Score your practice activities on a scale.
- Reflect on what was missing and how that might be included in another session or how you might increase the score next time.



2. Modifying and adapting the environment



Have a go

Try using self-pacing activities. Design an activity which has several variations that can be different in design and / or difficulty. Ask your participants to choose where to start and progress to a harder version when they are ready.

This encourages individuals to have an awareness of their performance ability and what they need to improve. The participant is involved in the co-creation and progression of the activity as they take responsibility for their development.



3. Non linear development



Reflect

Consider non-linear development with the group of people you coach. Given the sport or physical activity, the environment and their stage of development, make a list of the factors you may need to consider.

For example, coaching a 'back to netball' session will have very different considerations to a coach delivering a phase for an age group pathway team in hockey.

Additional Stretch Activity



Reflect

When we plan a session, we plan with an **intention** of what we want to explore in the session. Our attention is what we focus on during the session. Reflect on your coaching session: Did your coaching behaviours and actions focus on the intentions you planned, or did you focus your **attention** on other aspects in the session? Was this purposeful and deliberate or did you allow yourself to 'wander' in the session?

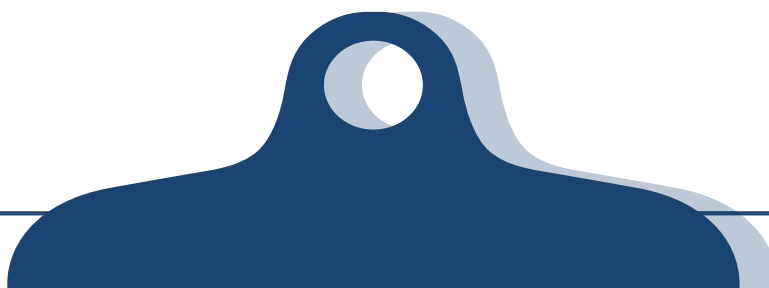
Coaching Enhancements

1. Modifying and adapting the environment



Consider

Select one of your 'go to' activities when coaching. Now consider how you can adapt the rules, change the size or shape of the space, or select different equipment to equalise or adjust the individual difficulty for your participants or teams. For example, you can have different scoring systems or different sizes of equipment.



2. Non linear development



Reflect

Under the constraints-led approach headings of 'Participant', 'Task' and 'Environment' make a list of all the possible constraints that you may use in your sport or physical activity. While some may be the same across sports and activities, there will be a number that are specific to your activity and the environment you coach within.

Participant	Task	Environment

Additional Stretch Activity



Have a go

Practice design for the individual

Be conscious of the type of feedback you provide. Capture your voice (audio or video) during a session and listen back to the interactions and feedback you provide to your participants. Do you facilitate learning with questions, cues and prompts or did you feedback with technical points, specifics and answers? Remember there is no one way to provide feedback and it depends on the individual and the situation, however, an awareness of your preference and default is important to developing your skills.



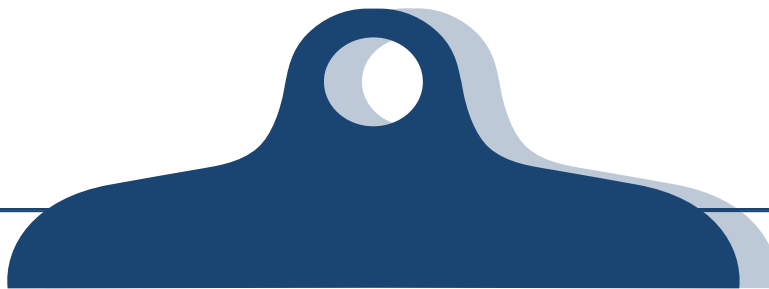
Coaching Extras

1. Modifying and adapting the environment



Have a go

Design your practice or activity so that your participants get feedback from the results of their actions. This helps their development because the feedback is immediate and specific to their abilities and outcome goals of the activity or session. This encourages the individual to reflect and use internal feedback to aid their performance rather than relying on external coach feedback. You can support this through asking good open-ended questions and asking the person to explain what 'good' looks like to them in the activity.



Additional Stretch Activity



Consider

Practice design for the individual

Who owns the feedback in your sessions? How can you encourage different forms of feedback in your sessions? Consider opportunities in your session for participant feedback, using buddy coaching with your participants, 'ask' before 'tell,' and open questions. The use of video to allow the individual to make a judgement on their performance may be against an agreed criteria or their development plan. They could work with other participants and score or judge their performance using a scoring system, thumbs up or down, or emoticons, before deciding on what they need to do next to progress and develop further.

Remember this doesn't have to take up time in your session. You can - with appropriate and relevant permissions - use technology to share video and ask the participants to review outside of the session, allowing time in the session to be used for the discussion and feedback.

Notes