



**Special
Olympics**



COACH WEBINAR SERIES

2024

Presented
by:



**DELIVERING
THE COACH
DEVELOPMENT
OPPORTUNITIES
YOU WANT**

**SO YOU CAN
PROVIDE THE BEST
TRAINING AND
COMPETITION
ENVIRONMENTS
FOR YOUR
ATHLETES**



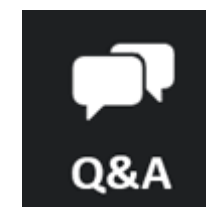
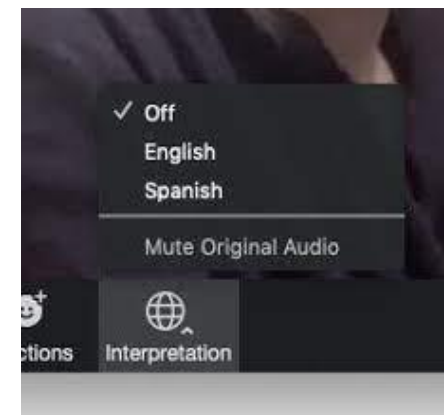
Simultaneous Interpretation



Powered by: **Gallagher**

This webinar offers simultaneous interpretation in English, Spanish, French, Arabic, Chinese, Portuguese, Italian, and Russian

- Select the 'Interpretation' button at the bottom of the screen
- Select language



Q&A

Please ask any questions you have in the Q&A section



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Our Host



Mujahid Al-Sarhani

Sargent Shriver Global Messenger



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Declan O'Leary



- Declan works for Sport Ireland Coaching in the development of coaches.
- Interests in good coaching practice for young people and for people with disabilities.
- Founding member of ICOACHKIDS.

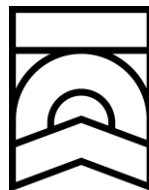
Applying the ICOACHKIDS Pledge

Webinar Outline

- Outline the 10 principles of the ICK Pledge
- Focus on principles 6, 7, 8, 9
 - 6: Focus on Foundational Skills
 - 7: Engage Parents Positively
 - 8: Plan Progressive Programmes
 - 9: Use Different Methods to Enhance Learning
- Sign-posting to ICK resources



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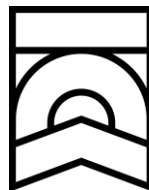
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KIDS**

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Effective Coaching



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- 1** Be CHILD-CENTRED
- 2** Be HOLISTIC
- 3** Be INCLUSIVE
- 4** Make it FUN and SAFE
- 5** Prioritise the LOVE for sport above LEARNING sport
- 6** Focus on FOUNDATIONAL skills
- 7** Engage PARENTS positively
- 8** Plan PROGRESSIVE programmes
- 9** Use different methods to ENHANCE LEARNING
- 10** Use COMPETITION in a developmental way



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THE
ICOACHKIDS
PLEDGE

01

BE CHILD- CENTRED



10 GOLDEN RULES
FOR COACHING
CHILDREN

Always have the best interest of
children at heart and listen to them.

It is about what children want and what
they need, not about the adults.



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THE
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PLEDGE

02

BE HOLISTIC



10 GOLDEN RULES
FOR COACHING
CHILDREN

Develop children in your sessions as people first and foremost, not only as athletes.

Aim to develop their psychosocial skills and capabilities, not just their physical ones.



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1 Social

2 Physical

3 Emotional

4 Cognitive



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03

BE INCLUSIVE



10 GOLDREN RULES
FOR COACHING
CHILDREN

Cater for all levels of abilities and motivations.

Coaching is far from one-size-fits-all.

Get to know the kids you coach and dare to coach them differently.



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Positive, Meaningful, Person-Centred Movement Experiences



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04

MAKE IT FUN AND SAFE



10 GOLDEN RULES
FOR COACHING
CHILDREN

Children want to have fun and to learn
they need to feel safe.

Build positive relationships and
enjoyable and caring climates that allow
them to thrive and that keep them
coming back.



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FUN KILLERS

- Talking too long
- Waiting in long lines
- Mindless repetition



FUN MAKERS

- Playground games
- Giving drills and games funny names
- Build stories
- Fun competitions





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05

PRIORITISE THE LOVE FOR SPORT OVER LEARNING SPORT



10 GOLDEN RULES
FOR COACHING
CHILDREN

A very small proportion of kids will become elite athletes, yet all of them have the potential to become healthy and active adults.

Creating that fantastic legacy is part of your job.



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“You get the best effort from others not by lighting a fire beneath them, but by building a fire within”

Bob Nelson



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06

FOCUS ON FOUNDATIONAL SKILLS



10 GOLDEN RULES
FOR COACHING
CHILDREN

Do not be over-concerned with the
specific skills of your sport.

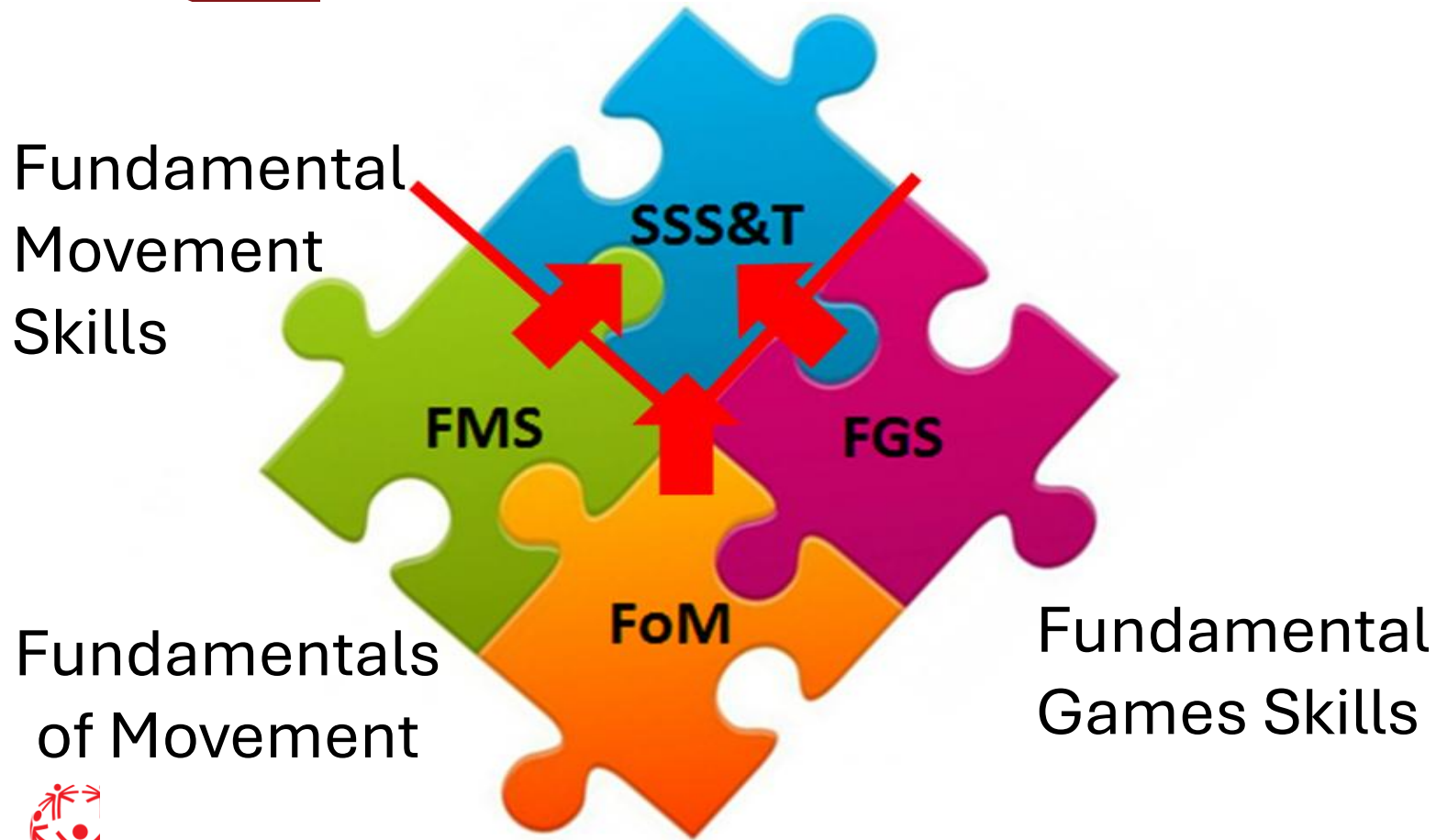
At a younger age kids need to gain
essential motor skills and learn the
basics of how to play games using
generic tactical principles to give
yourself the best chance of success.



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Multi-Skills Jigsaw



Making sure children have an opportunity to practice and refine all elements of the Multi-Skills Jigsaw.



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07

ENGAGE PARENTS POSITIVELY



10 GOLDEN RULES
FOR COACHING
CHILDREN

Parents are not the enemy, but the
biggest resource at your disposal.

They want the best for their kids and so
do you.

Partnership is the key word. You will
never know what parents can offer if
you don't talk to them.



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08

PLAN PROGRESSIVE PROGRAMMES



10 GOLDEN RULES
FOR COACHING
CHILDREN

We are taking kids on a learning journey,
so develop short, mid and long-term
goals and plans that will help the kids get
to the destination.

It's not peak-by-saturday nor
improvising a session 'off the cuff'.

Failing to plan is planning to fail.



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09

USE DIFFERENT METHODS TO ENHANCE LEARNING



10 GOLDEN RULES
FOR COACHING
CHILDREN

Learning is a complex process and it
doesn't happen overnight.

Different coaching and teaching
strategies can serve different purposes
at different stages of learning and
development, complement each other,
and help us achieve the desired results.



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Coaches Need a Toolbox!



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10

USE COMPETITION IN A DEVELOPMENTAL WAY



10 GOLDEN RULES
FOR COACHING
CHILDREN

There is nothing wrong with
competition.

When the format and the atmosphere
around competition is built around the
developmental stage of the kids and
considerate of their needs, competition
is an amazing motivator and a lot of fun.



01
BE
CHILD-
CENTRED

02
BE
HOLISTIC

03
BE
INCLUSIVE

04
MAKE IT
FUN AND SAFE

05
PRIORITISE THE
LOVE FOR
SPORT OVER
LEARNING
SPORT

06
FOCUS ON
FOUNDATIONAL
SKILLS

07
ENGAGE
PARENTS
POSITIVELY

08
PLAN
PROGRESSIVE
PROGRAMMES

09
USE DIFFERENT
METHODS TO
ENHANCE
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10
USE
COMPETITION
IN A
DEVELOPMENTAL
WAY



THE
ICOACHKIDS
PLEDGE

06

FOCUS ON FOUNDATIONAL SKILLS



10 GOLDEN RULES
FOR COACHING
CHILDREN

THE
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PLEDGE

07

ENGAGE PARENTS POSITIVELY



10 GOLDEN RULES
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THE
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PLEDGE

08

PLAN PROGRESSIVE PROGRAMMES



10 GOLDEN RULES
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09

USE DIFFERENT METHODS TO ENHANCE LEARNING



10 GOLDEN RULES
FOR COACHING
CHILDREN



6: Focus on Foundational Skills

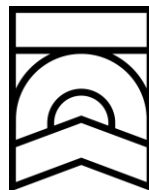
The Holy Grail – Safe & Efficient Movement

- Safe movement is movement where the joints and muscles of the body are able to withstand the forces produced by the movement.
- Efficient movement is movement where the joints and muscles of the body produce an action or force with the lowest level of energy expenditure possible.

**Coaching
Children to
Move and
Think**



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KIDS**

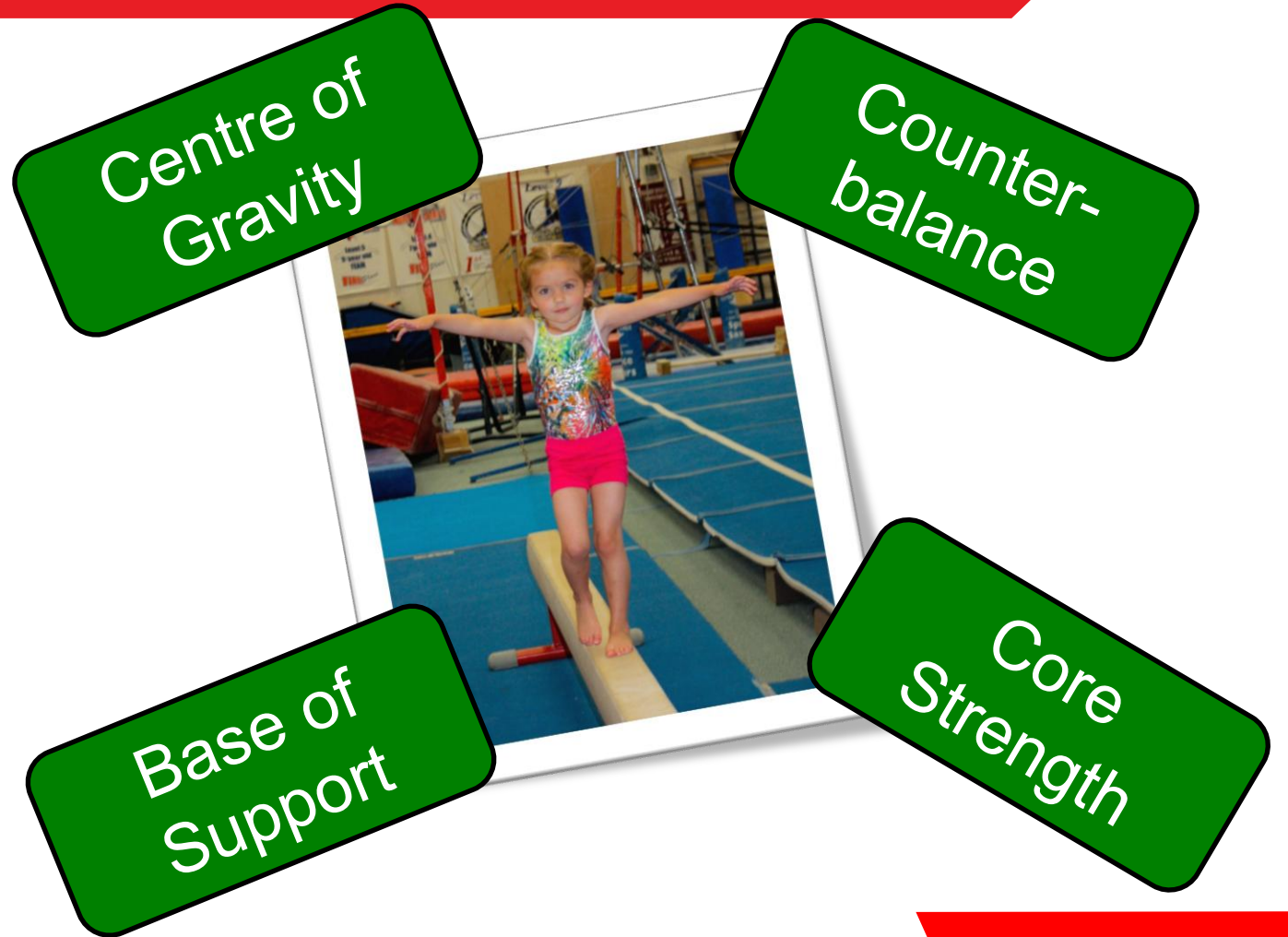
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Balance

A state in which the body remains reasonably steady and stable

It's the foundation to safe, efficient and effective movement

Static & Dynamic



Coordination

The skilful and
balanced movement
of the body and its
parts at the same time
Internal and External
To produce an
action...
Or to produce force

Mental
Organisation

Kinematic
Chain

From the
Centre Out

From the
Head Down



Agility & Speed

Control of the body and its parts in a dynamic environment

Ability to move quickly and efficiently, start, stop and change direction and speed whilst maintaining stability

Start-Stop
Efficiently

Change
Speed

Change
Direction

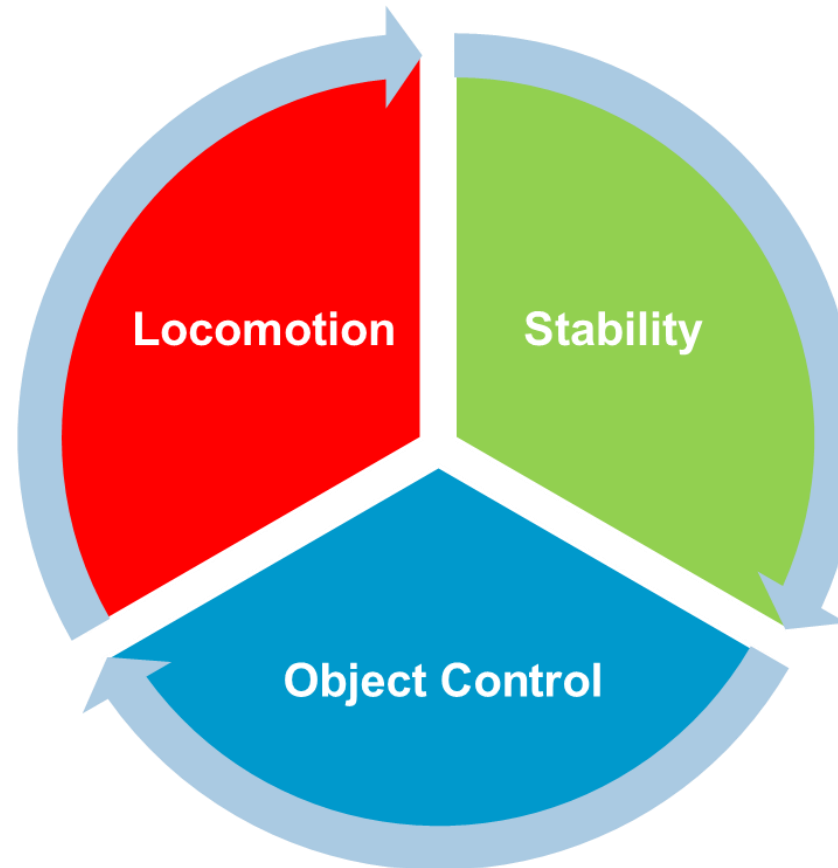
Change
Planes



Fundamental Movement Skills

FMS are combinations of different FOM (Balance, Coordination, Agility and Speed) patterns. Take account of how these may apply in different environments and sports

Walking
Running
Jumping
Skipping
Dodging
Leaping
Sliding
Swimming
Etc.



Landing
Twisting
Turning
Starting position
Stopping position
Floating
Etc

Catch, Throw, Pass, Kick, Strike with implement, Dribble, Bounce, Surfboard, Etc.



Fundamental Game Skills

- ✓ **Use of Space**
- ✓ **Tracking Others**
- ✓ **Advantages & Countering**
- ✓ **Support**
- ✓ **Tracking Objects**
- ✓ **Communication**
- ✓ **Other.....**



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7: Engage Parents Positively



Build Effective Relationships with ... Children, Parents / Guardians, and others who can impact a Caring Environment



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Building Effective Relationships



- - As a coach you are the key to Creating a Caring Climate

- - Build Relationships

- - Knowing

- - Show your

- - Use age

- - Observe

“Nobody cares how much you know, until they know how much you care.”

Noel O'Reilly

is discussed

, etc.



8: Plan Progressive Programmes

- Environments where children enjoy playing and learning.
- Show children that you care for them and their learning.
- Children should feel safe to learn, ask questions and take risks.
- With plenty of opportunities for children to learn and improve.



COACH DECISION-MAKING MODEL (Abrahams et al, 2015)

Understanding of culture and context:

Policies, pathways, resources, NGB, player/athlete/participant/other expectations and constraints



MASTERY ENVIRONMENT

(V PERFORMANCE ENVIRONMENT)



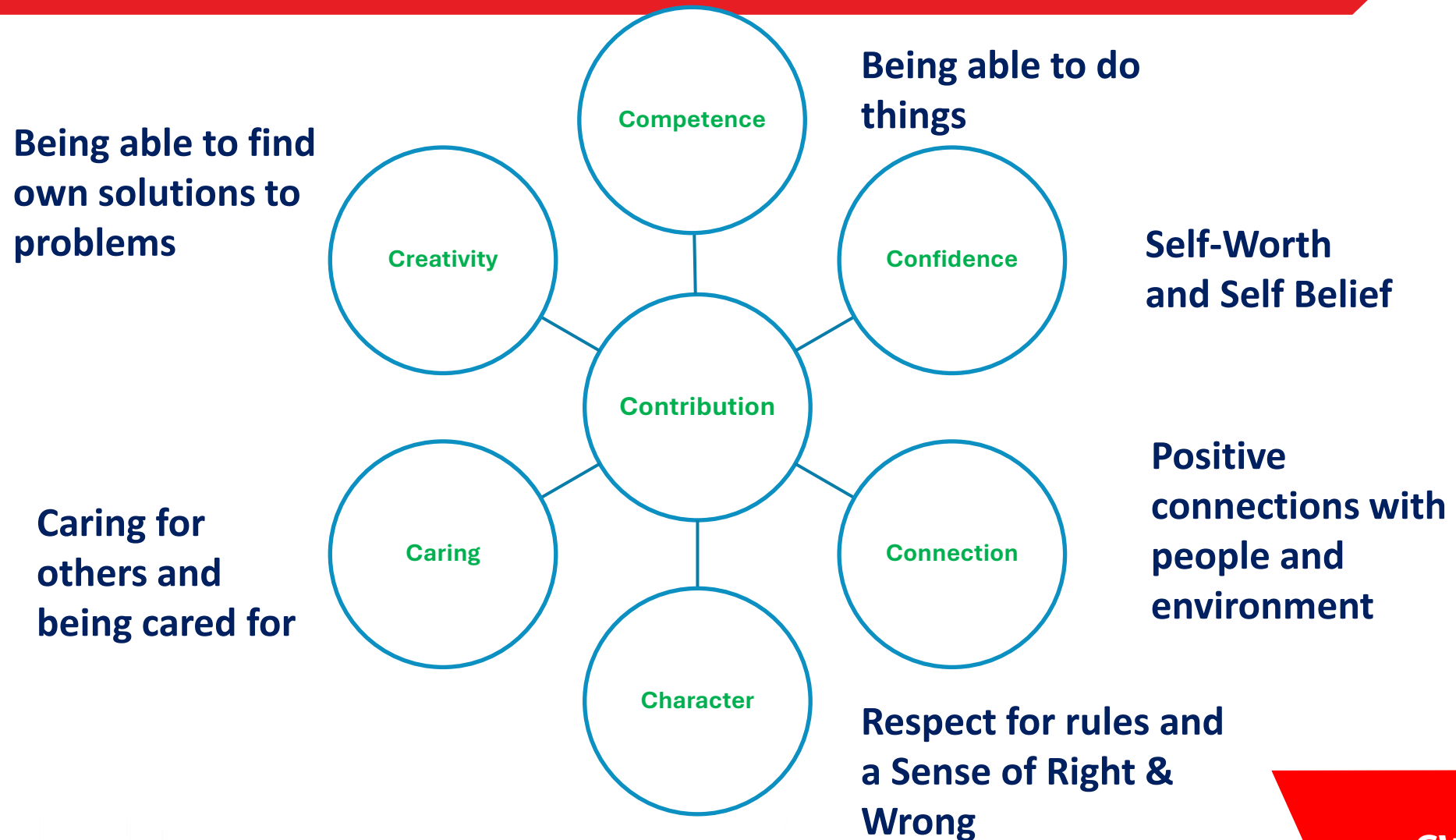
- **Recognise effort**
- **Targets (based on each individual's ability)**
- **Avoid comparisons to others – language, enthusiasm**
- **At training sessions**
- **At competition**



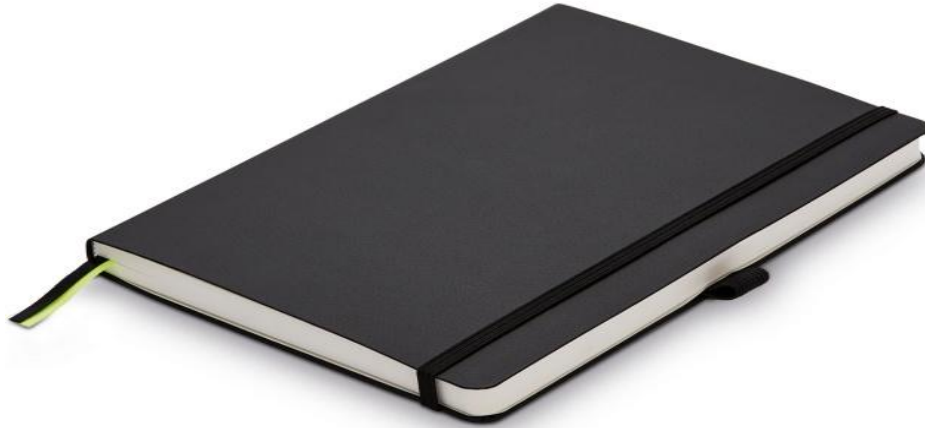
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Life Skills: The Cs Model & Sport



Where do your observations go?



Your FBI File

Facts 'Bout
Individuals



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9: Use Different Methods to Enhance Learning

**Coaching is a process of guided improvement. Everyone can improve.
BUT:**

- not in the same way,**
- not on the same day**
- not at the same rate.**

Development and learning are non-linear and contextual

**Coaches need to create environments, where children feel safe,
environments where their view are respected and valued**



Coaching Toolkit

As well as Planning and Organisation -

- 1. Explanations**
- 2. Demonstrations**
- 3. Setting Up and Standing Back**
(Observation, Analysis, Decision, Intervention)
- 4. Questioning and Listening**
- 5. Feedback**

- 6. Reflection (During / After a session)**





The Coaching Zones

(Lara-Bercial, 2012)



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Inclusion Spectrum – STEP Model BE IN THE LEARNING ZONE

Space: playing surface, distance
between players/obstacles, use zones

Task: change action/objective/scoring
system/speed

Equipment: ball type/size, player aids

People: change numbers, player role,
limitations/advantages



Key Messages - Summary

What Children want from a Coach

1. Respect and Encouragement
2. Positive Role Model
3. Clear, Consistent Communication
4. Knowledge of Sport
5. Someone Who Listens

Aspen Institute

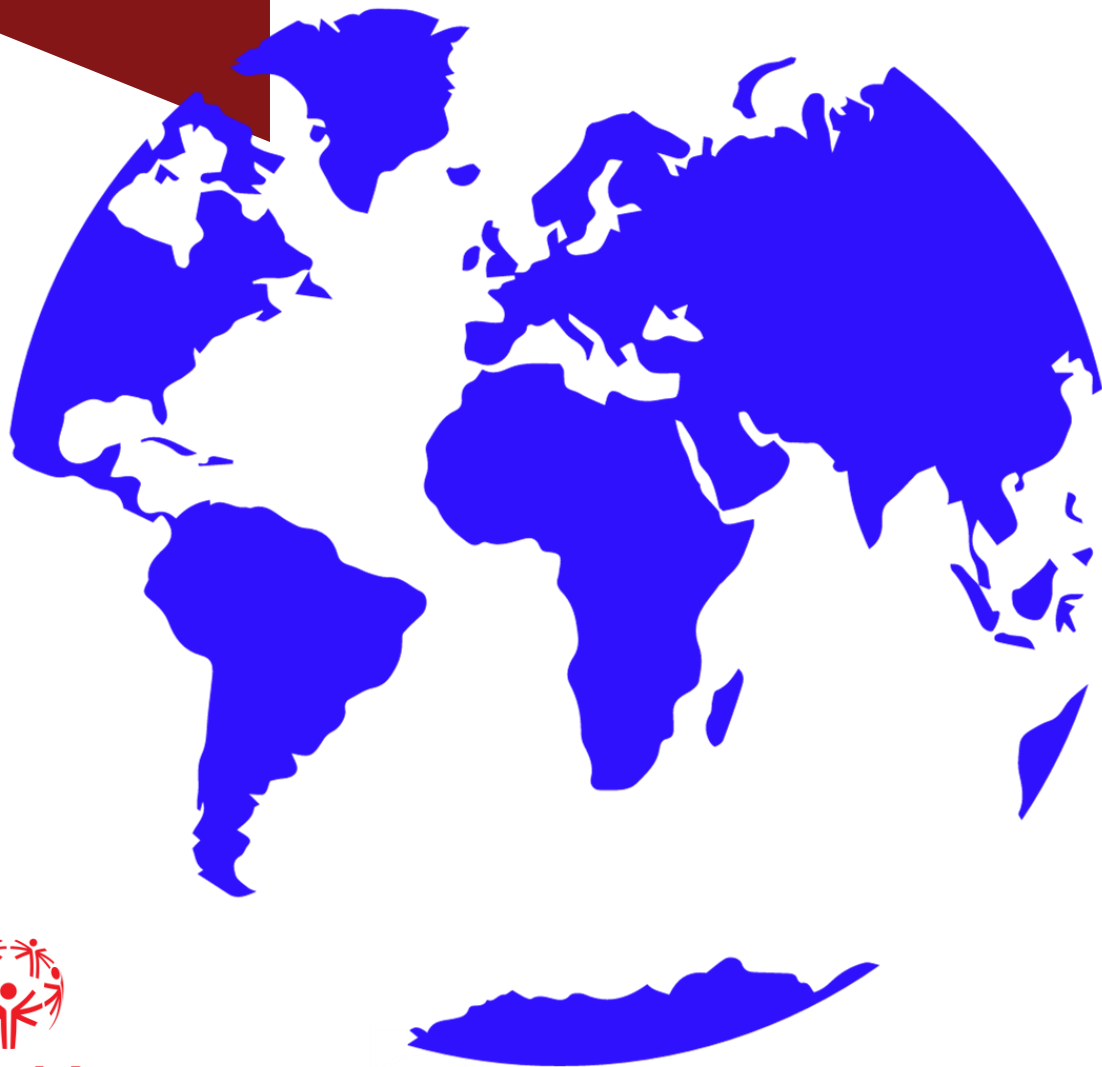


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ICK – A GLOBAL AUDIENCE



From a 7-Country Project...
To reaching over 200...



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ICK Resources - Signposting

NEW WEBSITE

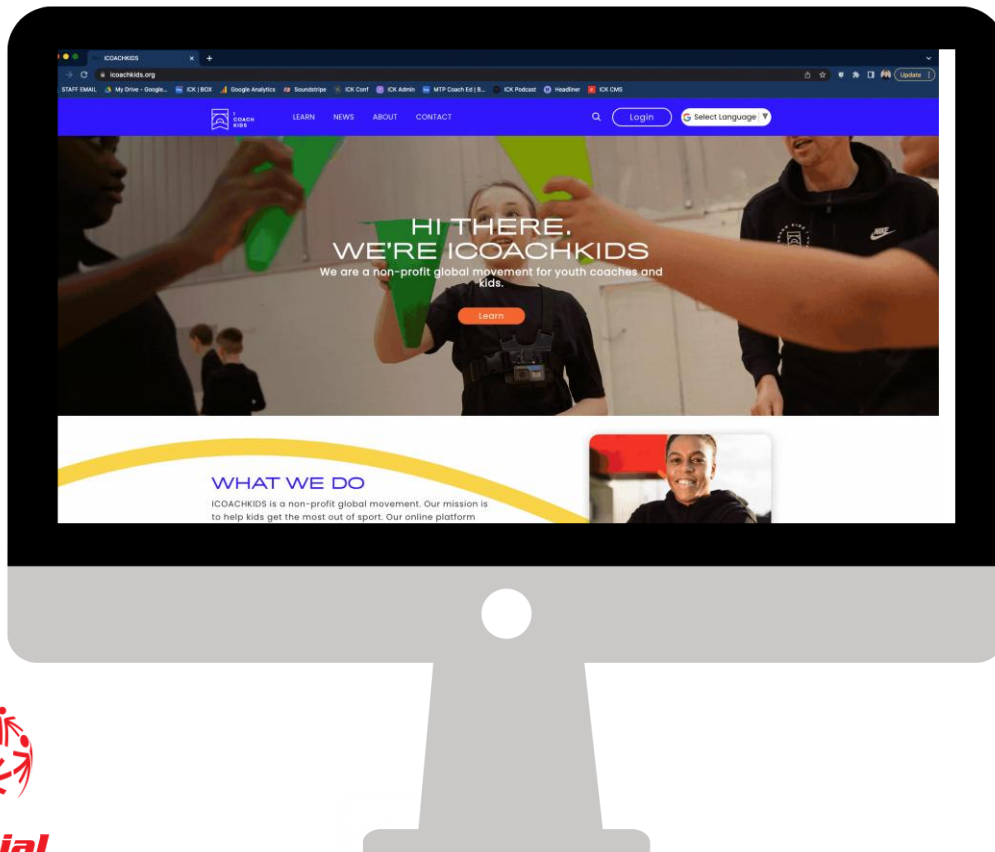
www.icoachkids.org

300+ Resources

Multi-lingual

Users from 200+ Countries

**Approx. 1,000 new users
per day**



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A SERIES OF MINI COURSES

NEW

CHAPTER 1: THE ROLE OF THE CHILDREN'S COACH



Source: YouTube / PictureBox / "Kicking & Screaming" - Official Trailer

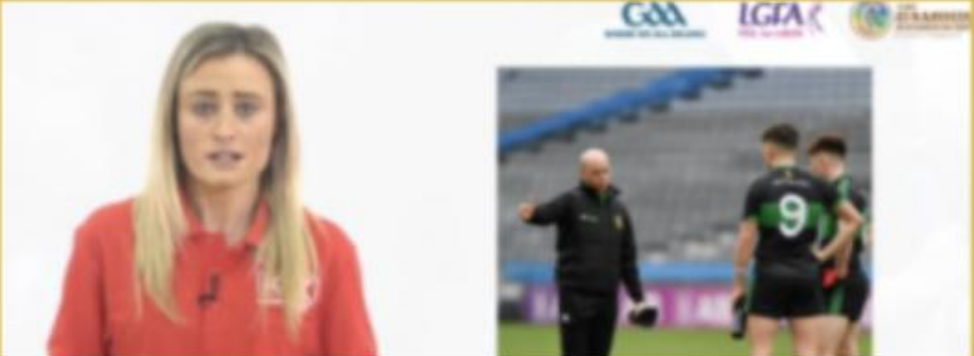
Chapter 1: The Role of the Children's Coach

[See Course Details](#)

NEW

Child-Centred Coaching & Physical Literacy

Chapter 4: Motor Skill Development and Conditioning for Children



Chapter 4: Motor Skill Development and Conditioning for Children

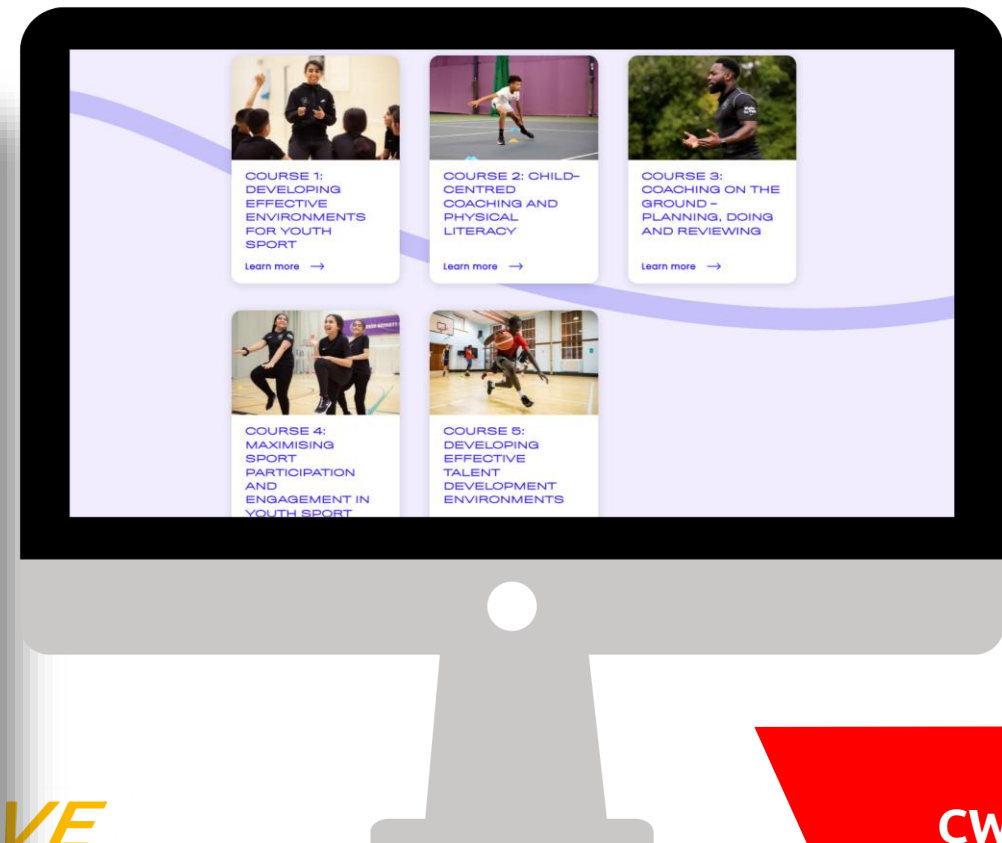
[See Course Details](#)



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FREE ONLINE GUIDES AND VIDEOS



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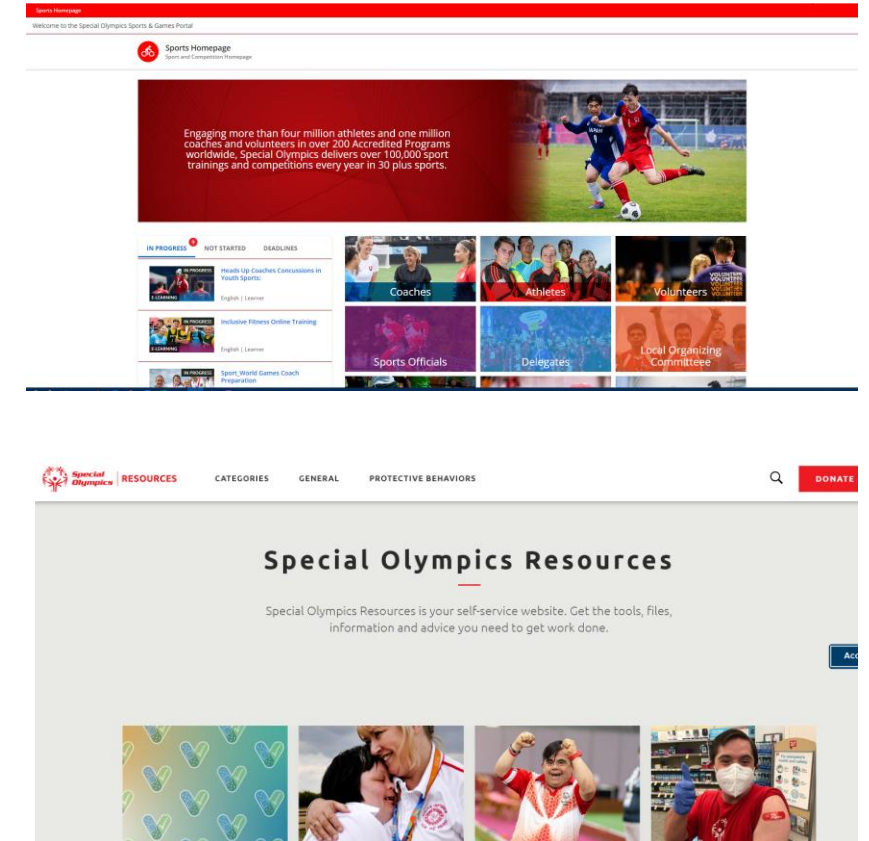
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Coaching Resources

Special Olympics offers fantastic resources for coaches to continue to learn and improve their coaching knowledge:

- **Special Olympics Online Learning Portal**
- **Special Olympics Resource Page**



Next Webinar

Monday 09 December 2024

Floorball Specific Webinar

Steen Houman (IFF)



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Thank You!

See You Next Week!



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