

## AMBASSADOR BADGES TO DO AT HOME



# Coaching

What does it take to motivate a team to accomplish their goals and dreams? The best coaches put their answers into action at every practice. In this badge, find your answers and share them! Coaching is an opportunity to share your love of a sport, demonstrate your athletic skills, and inspire and empower athletes to realize their potential.

### Steps

1. Begin to outline your coaching strategy
2. Conduct a first assessment
3. Design your coaching plan
4. Put your plan into action—and revise it, if necessary
5. Attend the big event, and make a final assessment

### Purpose

When I've earned this badge, I'll know what it takes for a coach to be successful.

*To earn this badge, please complete one option per step.*

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	<b>Begin to outline your coaching strategy.</b> Research coaching strategies. Focus on three areas: how to motivate a team, how to train, and how to assess progress. After you've gathered tips from pros, start your personal coaching playbook. Add any new ideas and observations.	<b>Talk to a great coach or highly experienced athlete.</b> Ask for insights from a coach, a professional or amateur athlete. You might ask them to share their playbook with you.	<b>Watch three sports documentaries.</b> The sport doesn't have to be the one you'll coach. This is about the nitty-gritty of strategy. As you watch, keep the three focus categories in mind, and analyze what makes the coaches successful.	<b>Participate in an online coaching clinic or seminar.</b> Check online for various coaching clinics and sports camps. Look specifically for ideas about your three focus areas.
Step 2	<b>Conduct a first assessment.</b> Do one choice to clearly define each of your athlete's objectives as well as your team goal, if appropriate.	<b>Prepare individual questionnaires or an online survey.</b> Have each athlete complete the survey and interview them to assess where they are in their sport and what they want to gain during the time you are coaching them.. Review the questionnaires and discuss with each person to set goals and outline how they might achieve them.	<b>Design an initial session:</b> Design a fun coaching drill session that tests player's skills. The drills should help them decide on goals for their coaching sessions with you.	<b>Prepare a goal chart together.</b> Work with each player to set their goals. Ask each player what they hope to accomplish. Together, make a chart outlining a training schedule and goals for each player. Set team goals, if you are coaching a team. Use the chart to help guide each drill session. <b>TIP:</b> Use Google Docs or Sheets so you can collaborate on goals and your session design!

<p><b>Step 3</b></p>	<p><b>Design your coaching plan.</b></p>	<p><b>Design a special warm-up and cool down.</b> Design a demonstration that shows the correct way to stretch before and after training. Instead of running through these components in a basic way, research the best stretches and warm-up exercises for the sport you are coaching, and put them together in a unique format. You might incorporate some fun trust-building games and exercises.</p>	<p><b>Research online and choose some training drills.</b> Are they too hard, too easy? Try them out on your own. If neither you nor any of your athletes can do a particular skill the team needs, research online to find demonstrations of others who do it well! Try them out before you add them to your coaching plan.</p>	<p><b>Open and close each session with a message.</b> Do a phone or video interview with a sports psychologist or research online to find some sports psychology tips (perhaps on motivation, teamwork, or perseverance) to inspire your athletes. Incorporate these tips in your sessions You might even get creative with visuals and music or by singing an inspirational song.</p>
<p><b>Step 4</b></p>	<p><b>Put your plan into action and revise it, if necessary.</b></p> <p><i>Can't meet with your athletes or team? Be a virtual coach! Record video demos for each drill so your players can watch and practice regularly. If allowable, create a YouTube channel or share on Instagram to motivate each player or team. Have each person run through the drills and video themselves to share with you. As you review the videos, make notes to assess the skill level of each person and how you think you can help.</i></p>	<p><b>Add a morale-boosting time-out.</b> Take time out of practice sessions where you and the players or team can talk. If you can't meet in person, set up a time to have virtual meeting or a phone call with your athletes to ask questions, inspire discussions about sportsmanship and goals, and review how your sessions are going. Make sure to take notes!</p>	<p><b>Ask your players to coach you!</b> Discuss with your athletes, in group chats or individually, how you're doing as a coach or have them complete an assessment of your drill sessions - Ask what they loved about your drill sessions or what are their suggestions for improvements they have for you? Use their answers to assessment to guide future discussions and lead the conversation.</p>	<p><b>Ask another coach to review your sessions.</b> You can do this in one of your initial sessions or when you feel more comfortable with your coaching plan. Ask for advice on the content of your sessions and your coaching style. If you can't meet in person, make a video recording of your session and ask they give you feedback. <b>TIP:</b> Before you record your sessions, gather your equipment. You might need things like a whistle, cleats, cones, balls or specific exercise equipment to conduct your drills. If athletes need specific items to complete the drills, be sure to share the list of what they will need.</p>

<p><b>Step 5</b></p>	<p><b>Coach your athlete to success and cheer them on! Review their goals, and take notes so you can offer specific feedback</b></p>	<p><b>Meet with your players for a relaxing post-training assessment.</b>        Have a relaxing post-training assessment. Ask each athlete to share two or three things they've learned from your coaching sessions. Find out if they think they've met their goals and if not, why. Tell them how you think they did and why you're proud of their accomplishments. If you can't meet in person, set up a time to chat by phone or have a virtual meeting. <b>TIP:</b> set up a virtual meeting using videoconferencing such as Zoom, Google Hangout, Skype, or group chat to keep the conversations going!</p>	<p><b>Celebrate your success together!</b> Discuss how each drill session went. Focus on what goals were accomplished, and share encouragement for the future. Make a card or <a href="#">virtual badge</a> for each team member using a <a href="#">free badge online maker</a> to mark progress and celebrate achievements of each goal.</p>	<p><b>Make a "trading card" for each athlete.</b> You'll need a photo of each person. Review your first assessment and how far each person has come toward reaching their goals. Research online for decorations, statistics, sayings, or inspirational tidbits specific to each person.</p>
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