



Young Leaders football module delivered by Coaching for Hope, in conjunction with Amandla Ku Lutsha.

Date;

- Saturday 13th June 09

Venue;

- Marsh Memorial children's home

Topics covered in this element of the YL programme;

- Planning
- Preparing
- Evaluating a session

Outcomes;

- To have the group of young leaders complete this module of the youth leadership course delivered by AKL.
- Each young leader to effectively contribute towards the session with constructive points.
- Each young leader to demonstrate an understanding of the key elements of this session
- To have the young leaders give an example of any answers they contribute, either first hand experience or second hand
- Each task to promote good discussion and understanding of the answers, whether agreeable or not

People in attendance of this session

- Jackie, Michael, Akin, Jason, were the young leaders in attendance

All the recording of this session has been done by of Coaching for Hope, the work seen below is that of the young leaders and has not been modified or changed.

Module 3, task 1.

Planning in a group a training session for a goalkeeper

What equipment will they need for the session?

- Balls
- Cones
- Goalpost
- Whistle
- Watch
- Flip chart
- Pens
- Training manual?

Module 3 task 2.

What training they prepared?

- Light warm up
- Goalkeeper moving around and off his line
- Shooting different directions
- Crossing the ball
- Session plans were produced for the session

Any further comments made;

- The session was planned well on the morning
- However no pre planning was done for this, and, with the boys experience and knowledge this was expected of them
- There was a lack of young leaders in attendance today, only four of them showed up which is slightly disappointing

Conclusion of the Module

- Good to let them feel for being the coach and get them to work with their peers, especially the ones going to the UK. In all, this module it the one where we asked more of them and we might be able to plan it better next time with more emphasis being put on this particular skill of speaking and communicating, instead of 'training football'