



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

Date;

- Saturday 6<sup>th</sup> 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, Nelson, tso-tong were the young leaders in attendance
- Mike (CfH) Florian (AKL)

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

## **Module 2, task 1.**

### **What might we need to consider when planning and preparing a session?**

- Safety of the players
- Is the equipment suitable for the age and number of people you have in the session?
- Have we set ground rules?
- Player welfare, including age appropriate categories
- Time of the session, have we got a specific time to stick to?
- Are we prepared to adapt our session?
- Have we thought of what we might do if we have to progress the session?

### **Any further comments made;**

All the SYL's gave good examples for the answers they were giving, they had obviously prepared a football session before. However this was still very relevant as they are going to be delivering a session next week.

## **Module 2 task 2.**

### **What might we set for the 'Outcomes of the session'**

- Learn something
- To improve their skill level
- To enjoy the task
- Focus for the duration
- To show enthusiasm

### **Any further comments made;**

These were the comments the SYL's came up with, we spoke about each one individually, and paid particular attention to the enjoyment and enthusiasm aspects. We had an open discussion about this and we spoke about people's opinions on the above too. The SYL's felt the most important objectives here were for the participants to learn something. Mike put the idea to the group that it was vital that the participants enjoy the session more, this was respected but not everyone saw the merit in what was said. I found this interesting in a number of ways.

## Module 2 task 3.

### To the field!

#### **Can the SYL's recognise the poor communication of the coach?**

What happened next highlighted the different communication styles used. Mike set up a 'relay races', there were three lines with two people in each line to make it easy and to engage the whole group together. I made a point of telling the SYL's how easy the drill was to do.... I made it clear (without saying it) that the session shouldn't be messed up and if it was then they would get push-ups, I used the coaching techniques below

- I was loud and enthusiastic
- I had a lot of energy
- I explained everything clear and precise
- I asked the SYL's if they understood without giving them a chance to respond
- I changed the rules of the game every single time
- I spoke for a long time between drills
- I changed the mentality of the SYL's each time by alternating the races from 'competitive' to more quality focused
- I punished them for getting it wrong every single time, in a fun way but clear to everyone that they had messed up

There were two points to the session

1. this session was to show the outcome of a session where the coach had plenty of energy and enthusiasm, didn't mean the session was going to go well. I had too much energy and it made me a threat to the SYL's in the way that made them not want to admit if they didn't understand, which maximised the chances of them getting the simple drill wrong.
2. the second point here was for us to evaluate the session at the end and state in my self evaluation what points I need to do better next time. Together we identified aspects of the session that needed 'modifying' next time. This showed the SYL's were appreciating how important the self evaluation was for reflection and improving as a coach.

**Any further comments made;**

Florian pointed out that one obstacle I faced here was that this group of people weren't used to being in a football coaching exercise and the approach would have been 'alien' to them. All the SYL's understood the above points and made very astute comments to me about how they were going to 'mix' their coaching styles next week when they run their individual sessions, they added value to the session by showing and demonstrating through group discussions different ways people learn, this raised the points about 'shy' young people and 'outgoing' young people too.

**Conclusion of the Module**

The SYL's made valuable contributions to the planning and preparation module. They actively pointed out 'why' and 'how' to plan a session, we then explored the self evaluation at the end of the morning and we also looked for points on how important it is to complete this. The SYL's identified the reasons that the evaluation would improve your attitude and performance too. One point made by the group was this was criticism in the best form, constructive criticism in a self evaluation.