



**SPORT  
IRELAND**  
COACHING

# RESOURCES FOR THE DEVELOPMENT OF CHILDREN AND TEENAGERS IN SPORT (FOR COACHES, PARENTS/ GUARDIANS AND CLUBS

A PROGRAMME GUIDE



It is estimated that around 80% of coaches work with children and young people but less than half of these coaches are qualified, and very few of them hold a qualification specific to this population (North, 2009; Sport Ireland, 2013).

An ICOACHKIDS study into the coaching workforce concluded that coaches of children are the least qualified, least valued least supported. To address this Sport Ireland Coaching has been developing a series of development opportunities for coaches of children and teens.

# Sport for Children and Teenagers

Many nations are currently re-examining their approach to children and teenagers in sport, on the basis that their needs are different to the needs of other populations. All too often programmes offered to children and young people in sport are scaled down versions of adult activity.

A paradigm shift in sport for children and teenagers is needed. We need **PA and Sport** to provide positive meaningful experiences for each and every child, if we are going to attract them and keep them engaged. We need to consider how sport is perceived, delivered and what we value in it.

Sport for children and teenagers should be conducted with sufficient regard to the principles of child and youth development. **Children** and young people needs' in sport are different to adults also the reasons they take part a different to those of adults. **Therefore**, the sporting opportunities for children and teenagers need to take account of this and establish an environment that is child/teen-friendly, to fulfil these needs, to support the child/teen and to contribute to sustaining their future involvement.

Children and teenagers require different approaches given their stage of development – physically, psychologically, emotionally, and socially. Research suggests that if we get it 'right' at these early stages, a higher proportion will be physically literate, equipped with movement skills, understanding why, and develop a love for sport and **activity, which** has the potential to ensure that they remain active into their adult years and lead a healthy lifestyle. The stakes are high!



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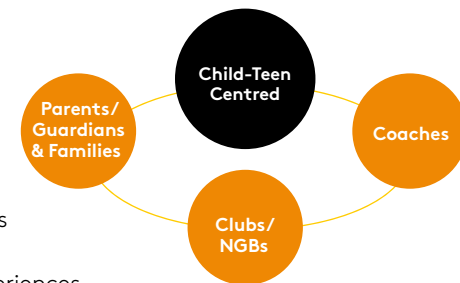
# The ICOACHKIDS Coaching Children Pledge

ICOACHKIDS has develop a pledge which encapsulates this approach and coaches are encouraged to adopt in and learn more about what it means in practice.



# An Inclusive Approach to Educational Resources and CPD Opportunities

An inclusive approach is used in relation to these child/teen centred educational resources and CPD opportunities.



The overall approach is to provide:

- **child/teen-centred** materials and supports that assist
- **coaches** to provide positive movement experiences, with the support of
- **parents/guardians/families** in
- **clubs/NGBs** with policies, procedures and programmes that aim to ensure that children and teenagers stay involved in sport and physical activity for life.

# Development Opportunities for Parents/Guardians, Coaches and Clubs/NGBs

Development Opportunity	Description
1. <b>Introduction to Coaching Children (eLearning)</b> [Coaches]	A 60-minute eLearning resource to introduce coaches to the knowledge and coaching skills needed to coach children. Coaches are directed to further resources and training opportunities.  <b>Website:</b> <a href="https://elearning.sportireland.ie/login/index.php">https://elearning.sportireland.ie/login/index.php</a>
2. <b>Coaching Children Workshop Series – 4 workshops</b> [Coaches]	A series of four (4), 3-hour workshops/webinars: 1. Coaching Children Successfully in Sport 2. Child Centred Coaching 3. Developing Physical Literacy – Coaching Children to Move 4. Developing Physical Literacy – Coaching Children to Think  <b>Resources:</b> A Factsheet and Time to Reflect Journal for each workshop.  <b>Website:</b> <a href="https://www.sportireland.ie/coaching/coaching-children-workshop">https://www.sportireland.ie/coaching/coaching-children-workshop</a>
3. <b>ICOACHKIDS (Children U12) – 3 MOOCs and website</b> [Coaches]	Three (3) Massive Open Online Courses (MOOCs), study guides and a website: 1. Developing Effective Environments for Children in Sport 2. Child & Youth Centred Coaching 3. Coaching Children: Planning, Doing and Reviewing  <b>Resources:</b> 92 MOOC videos, 200+ videos, 60+ presentations, 50+ activities.  <b>Website:</b> <a href="https://www.icoachkids.org">https://www.icoachkids.org</a>
4. <b>Coaching Teenage Girls in Sport Workshop</b> [Coaches]	A 3-hour workshop/webinar and resources focused on effectively coaching teenage girls. Content includes: <ul style="list-style-type: none"> <li>• Understanding why girls play/dropout of sport</li> <li>• The maturation and puberty of teenage girls</li> <li>• Setting up sporting environment that are girl friendly</li> <li>• Coaching skills and a coaching approach that is encouraging for teenage girls</li> </ul> <b>Resources:</b> Factsheet and Time to Reflect Journal

5. <b>Understanding Physical Literacy workshop</b> [COACHES PARENTS/GUARDIANS CLUBS/NGBS]	A 3-hour workshop/webinar that allows participants to understand physical literacy and how it underpins an active lifestyle. Content includes: <ul style="list-style-type: none"> <li>• The origin, definition and benefits of physical literacy</li> <li>• The domains of physical literacy – Think, Feel, Do</li> <li>• The physical literacy journey – daily and throughout life</li> <li>• Supporting others on their physical literacy journey</li> </ul> <b>Resources:</b> Factsheet and Time to Reflect Journal (Being updated and further developed in line with the All-Island Physical Literacy Consensus Statement)
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## IN DEVELOPMENT

Development Opportunity	Description
6. <b>Coaching Young People – 3 Workshops</b> [COACHES]	A series of three (3), 3-hour workshops and <b>resources:</b> <ol style="list-style-type: none"> <li>1. Coaching the Young Person Successfully</li> <li>2. Child-Centred Coaching for Young People</li> <li>3. Getting the Environment Right</li> </ol> <b>Resources:</b> A Factsheet and Time to Reflect <b>Logbook</b> for each workshop.
7. <b>ICOACHKIDS+ (Young People – 13-18 years) – 2 MOOCs and website</b> [COACHES]	Two (2) Massive Open Online Courses (MOOCs), study guides and a website: <ol style="list-style-type: none"> <li>1. Addressing Drop Out in Youth Sport</li> <li>2. Talent Development Environments in Youth Sport</li> </ol> <b>Resources:</b> 92 MOOC videos, 200+ videos, 60+ presentations, 50+ activities.  <b>Website:</b> <a href="https://www.icoachkids.org">https://www.icoachkids.org</a>
8. <b>Positive Sports Parents – Workshops for clubs, coaches and parents</b> [COACHES]	Three (3) linked 60-minute workshops that focus on: <ol style="list-style-type: none"> <li>1. Clubs linking with Parents (for Club Officials)</li> <li>2. Coaches engaging with Parents (for Coaches)</li> <li>3. Positive Sports Parents (for Parents/Guardians)</li> </ol> <b>Resources:</b> A Factsheet and Time to Reflect <b>Logbook</b> for each workshop.
9. <b>Child/Teen Friendly Clubs – A place to go and grow</b> [COACHES PARENTS/GUARDIANS CLUBS/NGBS]	Three (3) linked workshops for clubs on creating a positive environment, having an inclusive culture, delivering quality movement experiences and keeping young people involved in sport.  <b>Resources:</b> A Factsheet and Time to Reflect Logbook for each workshop.

**10. Disability Awareness eLearning & Coaching People with Disability Resources**  
[COACHES  
PARENTS/GUARDIANS  
CLUBS/NGBS]

A 60-minute eLearning Disability Awareness training resource, with links for coaches to truly include people with disabilities in their coaching. Content includes:

- Inclusion in sport and developing a sense of belonging
- The different types of disability – Intellectual, Physical, Sensory, Autism
- Disability awareness and communication
- The TREE and STEP Models – used to adapt activities to make them inclusive
- The Inclusion Continuum – Activities that are Separate/ Alternate, Parallel, Disability Sport, Inclusive, Modified
- Where to get support

**Website:**

To be decided

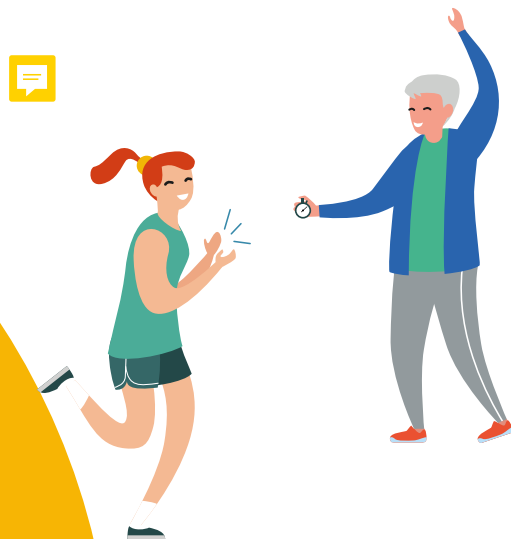
**11. ICOACHGIRLS (Erasmus+ Proposal)**  
[COACHES  
PARENTS/GUARDIANS  
CLUBS/NGBS]

A 3-year Erasmus+ proposal that was approved in 2022. It will run from 2022-2024. ICOACHGIRLS aims to promote and increase physical activity and sport amongst primary school age girls through the creation of “Girls Play Centres” in their local communities. Elements include:

- Girls that have never taken part in organised sport or that have tried and dropped out
- Two female head coaches to provide the girls with friendly, relatable role models
- 10-session co-created programme of activities which meets the girls social, psychological and physical needs, gives them a sense of ownership, and allows them to build a positive relationship with sport and physical activity
- Post-programme, signposting to a series of sport clubs and active leisure activities in their community

**Resources:**

<http://www.icoachkids.org>



## Other Information

### Blended Learning

The training opportunities can be delivered in-person or virtually (or a combination of both). They are delivered by trained Coach Developers/ Tutors.

### Localised Training Courses

The development opportunities are delivered through the Local Sports Partnership Network or by Sport Ireland Coaching. Courses can be tailored to meet the needs of local clubs, schools and community groups and coaches/instructors/leaders. Contact your Local Sports Partnership or Sport Ireland Coaching to discuss localised training courses for your organisation or group.

### Development Resources

The development resources are available online to access directly – [www.sportireland.ie/Coaching](http://www.sportireland.ie/Coaching).



### National Governing Bodies of sport

The resources are also available to National Governing Bodies of sport (NGBs) to integrate/embed in their coach education programme (as part of the Coaching Development Programme for Ireland). NGBs should contact the Sport Ireland Coach Education Development Officer (CEDO) they work with.

### Further and Higher Education

FE and HE institutions can also access the resources. Contact us to discuss how the resources can be integrated/embedded in coach development modules or delivered as standalone learning opportunities.





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## CONTACT US

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