

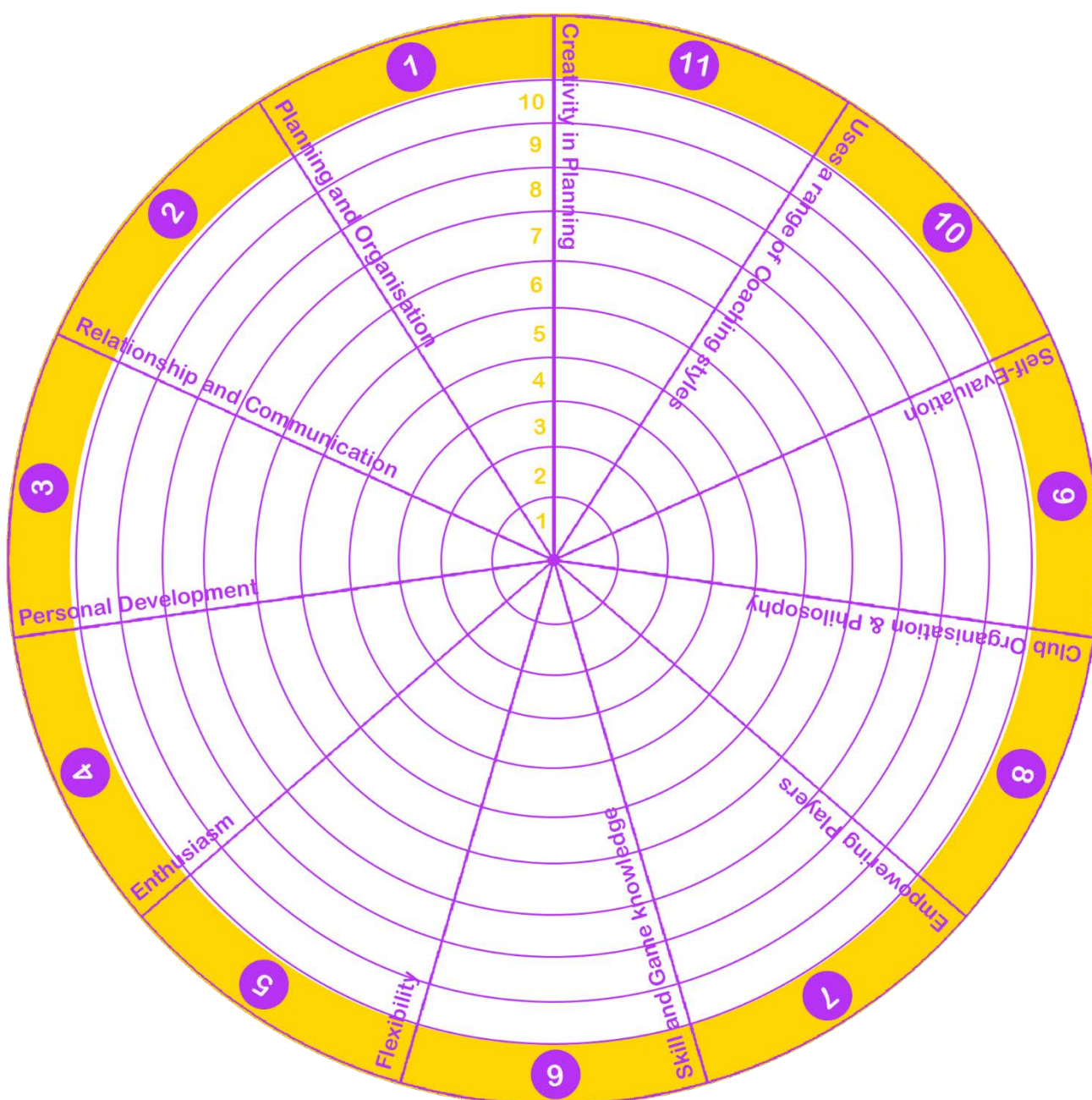


Coaching Children - Skills Matrix

Calling all Children's coaches, use this handy skills matrix to support you in your personal development as a coach this season.

How to use?

- Rate yourself 1 – 10 on the following areas.
- In the areas that you do not score as highly, look at the development suggestions.
- Put into action, focus your development on these areas.



1. Planning and Organisation

- Listen to the Podcast; Episode 4 – Planning the Best Session Ever
- Set an allocated time aside each week to plan.
- Download session plan template to support you in the planning process.
- Organise a coach meeting at the start of the year to think about what you want to achieve

2. Relationship and Communication with Athletes/ and Parents

- a. Utilise time at the start of your sessions as players arrive to have informal conversations to see how they are.
- b. Listen to the Podcast; Episode 7 – Managing Expectations
- c. Read blog post from MTGL: 'Keep Calm and Carry on Coaching'
- d. CPSU video: <https://www.youtube.com/watch?v=C2uH9Dle8mQ>
- e. TedTalks link: <https://www.youtube.com/watch?v=VXw0XGOVQvw>

3. Personal Development

- Listen to the Podcast; Episode 2 – Growth Mindset
- Set and monitor personal Coaching goals for the year.
- Visit Trainugly.com and explore the host of articles available.
- Follow our social media to keep up to date with all new resources and opportunities; <https://www.facebook.com/EnglandNetballCoaching/>
<https://twitter.com/ENCoaching>

4. Enthusiasm

- a. Do a player survey to understand what your players want for the season and what they like about your coaching. Reflect on the positive
- b. Have a coffee with an enthusiastic coach, just chat all things coaching, reignite the passion.
- c. Variety is the spice of life, are you ready to step out of your bubble and have a new challenge.
- d. Reduce your responsibility for a couple of weeks, have a coaching mini-break.

5. Flexibility

- Plan to abandon your plan, be prepared for lots of different circumstances.
- Observe coaches that coach lots of different types of players, talk to them about any methods they use.
- Plan to not plan 10mins of your session, have a block of time that is not completely structured. Build on a practice, identify what your players want/need more time to work on during the session.

6. Skill and Game knowledge

- Watch Youtube clips of match play
- Read Coaching Youth Netball – Anita Navin
- Find a CPD workshop near you: England Netball;
<https://www.englandnetball.co.uk/netball-finder/category/coaching/> Sports Coach UK; <http://www.sportscoachuk.org/workshops/workshop-search> , or search your local franchise website for workshops.

7. Empowering Players

- Give a player a role such as captain, coaching or umpiring, give them a focus as a starting point.
- Visit: <http://www.empoweringcoaching.co.uk/>
- Ask players to come up with rule changes or modifications to practices, use questions to help guide player discovery to solutions, give time for group discussions to allow them to come up with the answers.

8. Creativity in Planning

- Join the Facebook group 'England Netball - Children's Coaches'
- Watch the Coaching Children videos;
<https://www.englandnetball.co.uk/coaching/coaching-videos/>
- Observe coaches of other invasion games, your local football or rugby children's coach and try to adapt the games they play to Netball.
- Bring some fun props; bean bags, hoola hoops, balloons, different types of ball, frisbee...etc.

9. Uses a range of Coaching styles

- Set up a camera to record yourself, gain awareness of the way in which you coach.
- Coaching is always changing, Google 'coaching styles in sport' there are plenty of resources for more information.

10. Self-Evaluation

- Ask for feedback from your participants.
- Use voice recorder on your phone to record your thoughts immediately after the session to reflect on later.
- Ask your co-coach about what you were focusing on in your coaching and compare what they observed to your goals.
- Use the downloadable resources; 'Find 5' and 'Take 10' as guidance.

11. Club Organisation & Philosophy

- Visit the Club Matters website, they offer lots of online support and videos along with workshops and mentors, visit here:
<http://www.sportenglandclubmatters.com/make-your-club-experience-extraordinary/>

Other handy links:

<https://soundcloud.com/englandnetballcoaching>

<https://scouting.englandnetball.co.uk/>

<http://www.sportenglandclubmatters.com/>

<https://www.youtube.com/watch?v=C2uH9Dle8mQ>

<http://www.sportscoachuk.org/coaches/resource-bank/coaching-children>