



COACH

Workshop Title	Coach	Workshop Duration	1 Hour
Purpose of Session		Learning Outcomes	
To identify the common characteristics in good coaches of 7 – 10 year old players		By the end of this session the participants should: 1. Have created their own Top Five list of key characteristics of good coaches	
Materials Required:			
Paper & Pens Markers Flip Chart Paper Tape			
Techniques and Organization of Groups:			
Classroom-based Theory Workshop			

Time	Facilitator Notes	Organization	Resources
00.00 to 00.10	<u>Activity 1</u> Think back to an influential person in your life. It could be Teacher, Friend, Coach or Parent. Write down some of the characteristics of that person	Individually	Paper & Pen
00.10 to 00.15	<u>Activity 2</u> Get into pairs and discuss your points. Look for commonalities	In Pairs	
00.15 to 00.25	<u>Activity 3</u> Get into groups of four. Create a list of characteristics on a piece of Flip Chart paper	In Groups of Four	Flip Chart Paper
00.25 to 00.40	<u>Activity 4</u> Present your chart to the group		
00.40 to 0.45	<u>Activity 5</u> Create one list for the whole group	Facilitator	Flip Chart Paper
00.45 to 1.00	<u>Activity 6</u> Prioritize the facilitator's list. Get each person in the room to score the list by placing the number five next to their top priority and the number 1 next to their fifth top priority. Add up the scores and create a consensus top five Influential Person Characteristics list Note – The characteristics influential people possess are the same characteristics good coaches possess	In Groups of Four	Flip Chart Paper
Assessment			
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References:			
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Additional Reading:
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Facilitators Notes
Typical influential person characteristics may include: <ul style="list-style-type: none">• Inspirational• Caring• Fair• Attentive• Flexible• Upbeat• Professional• Cool• Innovative• Knowledgeable• Sportsmanship• Respect• Kindness• Effort• Positive• Understanding• Confidence• Discipline