

Week 1:
Topic: Good Health & Wellbeing
Skills Practice: Passing and receiving

Coaching Guidelines: Creating Self-Directed Learning Culture

World Parks, World Cup (WPWC) and Coaches Across Continents (CAC) would like to share some general coaching guidelines that can help you with the implementation of the games.

Kindness: Treat your players with kindness so they will enjoy coming to your sessions.

Include Everyone: Ensure that everyone is involved in the activity. Nobody is sitting out or waiting in long lines.

Show an Example: When explaining things to your players try to show an example as often as possible instead of explaining things with words.

80/20 Rule: At least 80% of the time your players are playing and only 20% explaining the rules and discussing the impacts of the games. Use progressions to learn through play.

Patience: Be patient with your players and give them time to understand the rules and develop a strategy to solve their problem.

Solve your Problem: Let the players solve their own problems. Your solution might not fit them. Encourage them to share ideas with each other.

Allow Mistakes: You and your players will make mistakes! Enjoy and learn through them.

Redefine Winning: Explore new meanings of winning/success that might be different from traditional sport (i.e. finding creative solutions to a problem, working together).

Ask Questions: Ask your players questions about the game instead of telling them about the social impact. Allow them to make connections between the game and life.

Celebrate Creativity: Think of different ways to play the games in this packet and adapt them for different social issues or different needs of your players (age, ability, etc.).

Improvise: If you don't have all the equipment that is needed for a game simplify it or use alternatives (i.e. bottles instead of cones, tucked in shirts instead of bibs).

Have Fun: If you are having fun your players will follow. Find new ways to love what you do and you will create an environment where learning is fun.

Screen 1 (20 mins)

Potential Theme/Time: Health and Wellness being and Position.
Organization: Start with circle of friends. Have players find their pulse. This can be find at the base of the thumb on the wrist. Ask players what they think it is. Explain it is your heart pumping blood around the body. (Depending on the education level of students you can explain more). Have player count for 15 seconds, ask them the number and multiple by 4 (this equal beat per minute). Ask player if they think it will increase after exercise.

Now when you say left you want the players to start moving left , Then say right, players move right , Then forward, players move forward , then backward players move backward. You can repeat as much as you want increasing of decreasing the speed at which the students move.

Sample Discussion Questions: At the end students can find their pulse and count. Has there been an increase the beat? Why? What is happening? You can explain in more or less detail what is happening, depending on your players.

Possible Progressions/Variations: Have student, spread out so they have space . When you shout right they jump right, left, forward, backward. If you have multilingual players you can learn the words for left, right ,forward ,backward in other languages. (see screen 2)



Screen 2 (20 mins)

Potential Theme/Time:

Organization

Sample Discussion Questions:

Possible Progressions/Variations:

