FUNTEAM ALBERTA COACHES TRAINING

RESOURCES

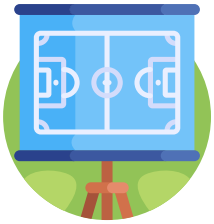
FUNTEAM ALBERTA: TIPS FOR COACHING

TIPS FOR COACHING: 6 - 7 YEAR OLDS



- Give lots of opportunities to practice skills and gain a sense of mastery
- Mix up partners, groupings and teams often
- Remind children to consider others and their feelings
- Plan individual and group activities in practice sessions
- Focus on Fundamental Movement Skill development
- Encourage creativity and choice in activities
- Keep rules and instructions short and clear (maximum three steps)

TIPS FOR COACHING: 8 - 9 YEAR OLDS



- Establish a consistent routine for practices and games
- Ensure program plans include lots of opportunities to be active
- Provide opportunities for children to plan and lead activities
- Create a culture that values building friendships
- Talk about the importance of healthy competition
- Avoid comparisons about physical appearance, attributes or skill
- Take time to celebrate successes

TIPS FOR COACHING: 10 - 11 YEAR OLDS



- Set clear rules and expectations for the team on the first day
- Focus on group activities in practice sessions
- Adapt rules to maximize participation and engagement
- Be specific and concise when providing feedback
- Give praise often
- Find teachable moments that highlight positive self-esteem, teamwork and cooperation

TIPS FOR COACHING: 12 - 15 YEAR OLDS



- Be sensitive to emotions and role model open communication
- Be aware of your actions and words
- Create a culture of respect and inclusion
- Empower children to solve their own problems
- Allow time for questions and discussion after practice sessions or games
- Create team values related to fair play and work ethic

FunTeam Session Planning Worksheet

FUNTEAM PROGRAM NAME: **AGES:**

COACHES: **DATE:**

SESSION GOALS:

- ☑
- ☑
- ☑
- ☑

TIME:	GAME/ACTIVITY:	INSTRUCTIONS:	SPACE/EQUIPMENT:

COACHING NOTES:

FUNTEAM BRIGHT IDEAS:



Welcome or Introduction (2 - 10 minutes):
- Have you included time for an icebreaker/team builder?
- Is there an opportunity for children to connect with one another?

Warm-up (5 - 10 minutes):
- Have you set a positive tone for the day?
- Is there an opportunity to develop or celebrate with a team ritual?

Main Practice (30 - 60 minutes):
- Have you kept the focus on 3 - 6 skills maximum?
- Have you maximized participation at all times?

Cool-down (5 - 10 minutes):
- Have you taken the time to review key points from the session with the children?
- Have you provided an opportunity to receive feedback?

Wrap-up (3 - 5 minutes):
- Have you shared any reminders for children or caregivers?
- Have you planned for time to connect with each child as they leave?

SAMPLE
FunTeam Session Planning Worksheet

FUNTEAM PROGRAM NAME: FunTeam Soccer (Session 1)
AGES: 8 - 9 years
COACHES: Sally Smith
DATE: June 4

SESSION GOALS:

- ☑ Get an idea for the range of skills within the group
- ☑ See what the goals are for the group (i.e. learn how to play a pass)
- ☑ Children to learn coaches and eachother's names
- ☑

TIME:	GAME/ACTIVITY:	INSTRUCTIONS:	SPACE/EQUIPMENT:
9:00 - 9:05 a.m.	Icebreaker: Unique Game	• In a circle, everyone says their name and something unique to them • If someone else shares that "uniqueness", they high five eachother and the game continues	Field
9:05 - 9:15 a.m.	Fundamental Movement Skills Warm-up	• In a circle, each person chooses a Fundamental Movement Skill to warm-up our bodies (i.e. jumping, twisting, bending) and we all copy (this will always be our team warmup!) • Children and coaches brainstorm "team rules" together	Field
9:15 - 9:50 a.m.	Skill Assessment	• Coaches set up three stations to do skills assessment - children rotate through each station (10 minutes): a. Passing a ball to the coach and/or partner b. Kicking a ball into a small or large net (children can choose) c. Toe taps (children toe tap a stationary ball)	Field Soccer balls Small net Large net Pylons
	Everyone is It Tag	• Play Everyone is It Tag ◦ Children will dribble a soccer ball while trying not to get tagged ◦ If they get tagged or lose their ball, they can do a chicken dance to come back to the game	
9:50 - 9:55 a.m.	Cool-down	• Do a circle stretch/water break • Review passing and kicking skills • Ask what the children liked about today's session (remember to incorporate feedback into the next session)	
9:55 - 10:00 a.m.	Wrap-up	• Reminder to children and caregivers to bring lots of water and to view the FunTeam website • Invent a secret handshake with each player as they leave (use it every week to say goodbye!)	

COACHING NOTES:

Remember to follow-up on coaches introduction letter and program schedule with caregivers during pick-up and drop-off!



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Activities for Team Building:
"On the Field" Team Building Activities (adpated from Julie David)

1. **Hot Dog Tag:** Think classic tag, but when a player is touched, he must lie on the ground. To get back in the game, two teammates must lay along each side of the person and all three yell "hot dog!" They may not be tagged while forming their hot dog. Play for two to five minutes and then allow someone new to be “it”.
2. **Silly Skill Building:** For a baseball or softball team, try to hit a few water balloon pitches, or for soccer, look up binocular soccer online and try it as a team!
3. **I Have Never:** Have everyone raise a hand for each question they can answer as true. Start to call out things related to your sport like "I have never been hit by a pitch” or “I have never played goalie”.
4. **Silent Line-up:** Without using words, have team members communicate and line up according to birth month, birth date, how many siblings, the last digit of their phone numbers, etc. Talk about non-verbal communication and teamwork afterward.
5. **Team Show And Tell:** Before practice, tell players you will be having an old-fashioned show-and-tell session and have team members bring a favourite item (can be sports related or not) that will tell teammates more about them.
6. **Blindfolded Partner Obstacle Course:** Set up a partner obstacle course on your field of choice, but the catch is one partner is blindfolded and the other must guide them through the course.
7. **Thumbs Up and Thumbs Down:** Have the team go around and share something from their day (or week) that was a thumbs up and something that was a thumbs down - this gives members time to hear about their teammates lives outside of sports.
8. **Get to Know You Ball:** Get a ball (beach balls work great!), write numbers randomly on it and throw it around a circle. Whoever catches it looks for a number under one of their fingers that corresponds with a question they get to ask a teammate such as, "What is your favorite movie?" or "What is your favorite sports team?"
9. **Team Seek and Find:** Give players a list of items to check off so they can get to know teammates better. For example, have them find people with the same number of siblings as them, people who like their favorite candy, people who have the same color of eyes as them, etc. Give them a set amount of time to find people with similarities. An air horn makes this fun!

"Off the Field" Team Building Activities

1. **Field Trip:** Visit a fun indoor sports complex together such as a trampoline complex, ice-skating rink or build at an outdoor ropes course.
2. **Sports Buddy:** Assign teammates a secret pal and write encouraging notes or have the coach deliver a treat before a game.
3. **Breakfast Retreat:** Can't get away for a weekend as a team? How about a Saturday morning retreat including breakfast and some fun get-to-know-you-games.
4. **Mentor Together:** Have your team organize an after-school sports clinic for a local elementary school or at a community park.
5. **Game On:** Throw a game night (have several games going at once) and pizza party at a player or coach's house.
6. **Scavenger Hunt:** Make a list of wacky things or challenges (team members must be in the pictures!) to capture on smart phone camera and meet for an evening of team fun. Pick the location based on the age of your players — a park with parent supervision for younger children or the local mall for a group of teenagers.
7. **Fun Run:** Choose a 5K run that benefits a cause important to team members or pick an offbeat race like a color run or bubble run to complete as a team (this is also great for pre-season conditioning!)
8. **Team Swag:** For the crafty types, get together for an evening of decorating team visors, team T-shirts or using paint pens on flip-flops to encourage team spirit.
9. **Next Level:** Attend a local college, minor league or semi-pro team game together and talk about their teamwork over ice cream afterward.

Friendly Competition

1. **Hot Lava:** Use a two full-sized bed sheets and divide the team onto two "islands." Pretend there is "hot lava" all around them. The goal is to get their sheet turned over while keeping anyone from stepping (or falling into!) the hot lava around their island.
2. **Shake It Competition:** Ahead of time, you'll need to attach an empty tissue box to a belt so that when the belt is closed the box rests on a person's back. Put three Ping-Pong balls inside the box. Divide into two teams. In this simple relay race, competitors take turns putting the belt on and seeing who can empty the box by shaking their backside. Pretty funny to watch your teammates' "shake it" techniques!
3. **Feet Compete:** Two teams compete to pass a large exercise ball around a circle. The trick is that everyone is on their backs and has to pass it with their feet.
4. **Stack 'em High:** Build a card towers (or towers) out of red plastic cups in teams to see who can get the highest tower, most unique construction or highest tower the fastest.
5. **Clothing Relay Races:** Gather two piles of oversize pants, large blazers, a necktie, a dress and some funny accessories and challenge teams to dress or undress relays — or dress the coach challenges.
6. **Pass the Hoop:** Get two hula hoops, divide the team and have players join hands in a line. Pass the hula hoop from the front to the back of the line without breaking hands. For more challenge, try timed races or make players close their eyes.
7. **Gear Recall:** Two teams send one person each to view gear on a table for 10 seconds at a time. They leave and stay silent, with their back turned, until everyone has viewed the gear. Then teams are challenged to recall all the gear. Whoever recalls the most is the winner. (Up the challenge: Make a grid on paper and on the table with tape and they have to remember the item AND where it was on the table).
8. **Red Cup Relay:** Break into two teams, and mark a "fill line" in the same spot on red plastic cups. Fill two cups to the line (one for each team), and give remaining team member an empty cup. Pass the water from the original cup by lifting it up over head and pouring into the cup of the person behind them. The winning team has its final cup filled closest to the beginning fill line.
9. **Caterpillar Crawl:** Divide into teams and place filled balloons between each team member at chest/back level. The team must caterpillar walk their way down the field, not dropping or popping any of the balloons that are balanced between them.

Virtual Team Building (adapted from Coaches Ontario)

1. **Brainstorm what it means to be a "team"** - capture each person's thoughts on virtual whiteboard or jot them on a flip-chart paper and use this information to set the standard that all ideas are valid and welcomed.
2. **10 signs of a good team player:** as a team brainstorm "10 signs of a good team player" - this can be later be used as a reference in a player-code-of-conduct and even adapted for parents.
3. **Develop a Team Code of Conduct:** when players truly believe and are a part of the player code of conduct, it creates a sense of ownership that will help them to hold themselves and their teammates accountable.
4. **Start or review goal setting:** Have your athletes write down one personal goal and one team goal and take time to review them with each athlete.
5. **Play Pictionary:** This can be played over webcams, either keeping points individually or having coaches/athletes team up in pairs/groups. Utilize a word generator to generate topics and have individuals draw on paper or use a whiteboard feature (if available) on your platform.
6. **Two Truths and a Lie:** Each team member comes up with two truths and one lie about themselves and shares with the group. This is a great way for coaches and players to learn more about one another off of the playing field.

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