Course Summary

The ECC course is a three hour general introduction to coaching children. It is relevant to all new coaches regardless of age, and covers the coaching of young children to early teens. The topics covered using discussion, group work, templates, and video analysis are:

1. Coaching children
   - Why do children play sport, why do they quit?
   - What makes a great coach, what don’t kids like in a coach?

2. Your coaching philosophy
   - Why do you coach?
   - Emphasis of the coach – coach priorities and behaviours
   - A coach’s impact on children
   - Goals other than winning

3. Creating a safe, positive environment
   - Providing safe environments for children
   - Legal requirements of coaches
   - Respect for officials
   - ‘Play By The Rules’
   - Involving parents

4. Making the most of training time
   - Pre-season considerations – coach’s checklist
   - Considerations before every training session
   - Planning a training session – sections and timing

5. Coaching techniques
   - Keep children active – maximum participation
   - Keep it clear and simple – demonstrations and progressions
   - Make it like the real game – game-centred approach

6. Getting the best from your players
   - How does the coach impact and manage childrens’ behaviour?
   - Providing feedback

7. Improving your coaching further
   - The many ways to be a better coach

Further information regarding access to a course can be found at: http://ors.sa.gov.au/sport_and_recreation/coaching_and_officiating/coaching

Or email: orscoachingandofficiating@sa.gov.au