About the course

The Essentials for Coaching Children is a generic, interactive, brief survival course for coaches. The three hour course aims to give new or aspiring coaches of any age the basic skills, knowledge and tips needed to provide an effective, enjoyable sporting experience for the children or youth they coach.

Course Content

- Coaching Children
  Why do children play sport, why do they quit? What makes a great and not-so-great coach?

- Your Coaching Philosophy

- Creating a Safe, Positive Environment
  Safety considerations. Legal requirements. Respect for officials. Involving parents.

- Making the Most of Training Time
  Pre-season checklist. Considerations before every training session. Planning a training session.

- Coaching Techniques

- Getting the Best from Your Players
  How does the coach impact and manage childrens’ behaviour? Providing feedback.

- Improving your Coaching Further
  The many ways to be a better coach.

Attending a Course at ORS

The 3 hour ECC course is conducted 5-6 times per year at the Office for Recreation and Sport (ORS) to which individuals from any sport are welcome.

Individuals: $15 per person. Register and pay for up to 4 people online.

Clubs and Sports: $15 per person. Contact ORS to register more than 4 people, and/or have your organisation invoiced following a course.

Course dates are registration are at:
Holding a Course At Your Venue

An ECC course can also be held at a venue of your choice by:

- the ORS organising a presenter to come to your school, club, council. Contact us to organise.
- presenting the course yourself - suitably qualified people may register with us to receive the ECC Presenters Resources, free of charge. Email us expressing your interest in becoming a presenter.

Details for Organising a Course at Your Venue

- Organisation to contact the Office for Recreation and Sport (ORS) to suggest date and time. ORS will liaise with a presenter and the organisation to settle on a date.
- Cost to organisation: flat fee $200 (possibly more if travel for the presenter to a regional location is unavoidable - see section below). ORS will invoice the organisation following the course.
- Number of participants: minimum 10, maximum 30

Organisation to provide:
- classroom style space
- data projection and preferably computer with internet access and sound
- space for physical activity i.e. gym (by negotiation)
- refreshments.

Office for Recreation and Sport to provide:
- presenter
- presentation materials (i.e. PowerPoint on USB) and handouts
- certificates of completion – sent to course coordinator or individuals by negotiation.

Regional Organisations

In certain regional areas, a local ORS STARCLUB Field Officer or Indigenous Sport Development Officer could be available to present the course or may engage the services of another local presenter. If this is not possible, ORS would negotiate any travel and accommodation costs for a presenter with the organisation requesting the course. It is recommended that in regional areas, clubs, different sports, and schools combine to run an ECC course where possible.

Metropolitan Schools

By negotiation the ECC can be delivered in 2 X 1.5 hr sessions during school/work time in metropolitan Adelaide, and can be predominantly practical.

Contact us

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Tel: 8457 1406
Email: orscoachingandofficiating@sa.gov.au
Web: www.ors.sa.gov.au