

AMBASSADOR COACHING BADGE

Badge Purpose: When you've earned this badge, you'll know what it takes for a coach to be successful.

Activity	Materials Needed
Strategize! <ul style="list-style-type: none"> Interview a coach or athlete for tips and tricks to be an effective coach. 	<input type="checkbox"/> Journal <input type="checkbox"/> Pen
Assess Yourself <ul style="list-style-type: none"> Create a questionnaire for your athletes to assess their abilities and personal goals. 	<input type="checkbox"/> Journal <input type="checkbox"/> Pen <input type="checkbox"/> Paper
In It to Win It <ul style="list-style-type: none"> Create practice sessions for your athletes. 	<input type="checkbox"/> Journal <input type="checkbox"/> Pen <input type="checkbox"/> Paper <input type="checkbox"/> Blank calendar
Practice Makes Perfect <ul style="list-style-type: none"> Run your practice sessions and solicit feedback from an experienced coach. 	<input type="checkbox"/> Journal <input type="checkbox"/> Pen
Assess Yourself (Again) <ul style="list-style-type: none"> Celebrate your athletes' success and conduct a final assessment. 	<input type="checkbox"/> Light refreshments

Getting Started

- Give yourself at least four weeks to complete this badge, culminating in an event like a race, tryout, or final demonstration. You'll need to find a group of at least two people to coach. Work with a coach at your school, or connect with a local sports organization or your service unit for ideas.
- Remember that skill-building takes time! Allow yourself (and your athletes) enough time to practice, implement, and tweak your strategies.
- Keep a journal (your playbook) as you work through this badge to jot down notes and advice from seasoned coaches, personal reflections, and athletic assessments and goals.

Activity #1: Strategize

Badge Connection: Step 1 – Begin to outline your coaching strategy

Materials Needed: Journal; pen

- Interview a coach or athlete in your community whom you admire. Ask them about what they think it means to be an effective coach, or what they look for from a coach. What skills or traits do effective coaches



possess? How do they keep their team motivated? How do they run their practice sessions? How do they assess their team's progress?

2. If the coach or athlete is willing and able, ask them to attend one of your practice sessions (in Activity #4) to evaluate your coaching techniques and provide feedback.

Activity #2: Assess Yourself

Badge Connection: Step 2 – Conduct a first assessment

Materials Needed: Journal; pen; paper

1. Create and conduct individual assessments for the players you'll be coaching. Individualize and tailor your assessment questionnaires so you can really learn about each athlete you'll be training to discover their starting point and personal goals. Avoid having the same benchmark for everyone—everyone's skill level is different, so having the same parameters for success can be frustrating or discouraging for people of varying abilities.
2. Goals + Fitness. Your questionnaire should include the athlete's personal goals (is it improving kicking accuracy in soccer games, is it to have a smoother flip turn in swimming?) and the athlete's starting fitness ability (if you don't know where they are where they started, you can't measure their progress).

Activity #3: In It to Win It

Badge Connection: Step 3 – Design your coaching plan

Materials Needed: Journal; pen; paper; blank calendar (at the end of the activity plan)

Prep Needed:

- Print out copies of the blank calendar (one per athlete you'll be working with).
1. Create a plan for your athletes. You should run at least one practice session per week for the four weeks you'll be coaching your athlete. Here are the basic components of a practice session:
 - **Warm-up.** Include some exercises for stretching and warming up muscles to prevent injury. Try dynamic stretching!
 - **Work.** The bulk of the practice session should be work time. Run through 4 – 10 activities or drills. Switch up the activities or drills from session to session to keep things interesting and engaging.
 - **Rest.** Take a short break and give athletes time to stay hydrated. (This is especially important if you're training outside during warmer seasons.)
 - **Cool-down.** After intense exercise, it's important to get your heart rate, body temperature, and breathing rate back to pre-exercise levels. Do a lower-intensity cardio activity (like walking if you've been running) and some stretching.
 - **Sum-up.** Do a quick review of the practice (what went well/what didn't), what they'll do in the next practice session, and any work they should do on their own prior to the next practice (like dribbling drills, stick handling work, etc.).
 2. Use the blank calendar at the end of the activity plan to schedule your weekly practices (don't forget to build in rest days!), including any weekly goals your athletes want to aim for.

Activity #4: Practice Makes Perfect

Badge Connection: Step 4 – Put your plan into action—and revise it, if necessary

Materials Needed: Journal; pen



1. Start your sessions. For one (or more!) of your sessions, ask a coach to come in and watch you as you coach your session. Ask them for feedback on your coaching style—what’s effective, what would they suggest changing, etc.
2. After each practice session, assess your own performance. What did you think you did well? What could you work on? Use your journal to jot down your thoughts.

Activity #5: Assess Yourself (Again)

Badge Connection: Step 5 – Attend the big event, and make a final assessment

Materials Needed: Light refreshments

1. Cheer on your athletes at their big event, then regroup for a small celebration and final assessment. Ask your trainees what they learned during your training sessions. Did they feel like they met their goals? If not, why? What would they have changed to help them achieve their goals? What goals would they like to work toward in the future?
2. Don’t forget to congratulate your trainees on their hard work and accomplishments!





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Source: scatteredquirrel.com

