Young Leaders training New Zealand.

Training time 2 hours.

Key Questions for the sessions.

How do you describe and effective Sports leader?

What qualities and skills would you expect a young sports leader to demonstrate when working with young people?

Why are these important when working with young people.

How do you use the STEP principle when planning and leading sporting activity sessions?

How do you give the young sports leader feedback to improve their performance and why is this important?

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| Session.1.  How do you describe and effective Sports leader? | Time | Activity. | Equipment. |
| 15 mins | * Sports leaders should be and should not be activity * Young leaders complete the 2 sides of the table with sports leaders should be and should not be. * List or bullet points * E.g. confident and not rude * Pair and share ideas and Q and A of lists.   Groups of 5 or 6 depending on size of group you are working with | Flip chart paper  Pens.  Blue tack. |
| Session 2  How do you use the STEP principle when planning and leading sporting activity sessions? | 30mins | activity | Equipment. |
|  | 1. Using the groups from the first activity. 2. Each group to nominate leader. 3. They lead short 5 minute warm up activity. 4. This must have pulse raiser and stretches. 5. Leader then gets feedback based on skills and qualities from session 1. 6. Discuss issues and positives. 7. Did thy use the space effectively? 8. Was the activity safe?   Activity 2.  Year 12 model practice and demonstrate effective use of space, task, equipment and people through ‘Island Games.’  Driving game.  Sharks  Soda Fountain. | Space.  Whistle  Voice and communication.  Set up grid 10x10 or 20x20  This is the island  Groups sit in middle and carry out small games.  Young people  xxxxxx  Year 12 as teacher  xxxxxx |
| Session 3  How do you use the STEP principle when planning and leading sporting activity sessions? | 45 mins | Invent a game |  |
|  | * Using the same groups as the activity 2. * Young people invent a game. * Use the flip chart paper used earlier and use the reverse. * The game must have rules. * All young leaders must know the rules. * The group practice the game and make changes. * Once happy they finalise rules. * Stick flip chart paper on wall.   **Game types to emphasise.**   * **Target e.g. Golf** * **Invasion e.g. netball** * **Striking and fielding Rounders / cricket** * **Net wall squash / tennis** * **Each group to base new game on one of the above.**   **Activity 2.**  **Chinese whispers.**   * Each group to nominate leader. * They stay with their own game. * Groups rotate to new game and leader. * Leader teaches game to new group.(7 mins) * End of activity group give short feedback (at this point they have not talked through effective feedback). * Max 10 secs. Good point, / area for improvement / good point. * After feedback, leader chooses new leader to stay with activity.(emphasis on listening skills) * They now lead the game to new group after rotating groups around. * Repeat exercise and nominating new leaders.   May get through 3 rotations in 45 mins. | Flip chart paper.  Pens  Tennis balls  Cones  Rugby balls  Frisbee  Bibs  Whistles  As above  KEY TO SUCCES  FASMO (FUN, ACTIVE, SAFE, MEANGINFUL,ORGANISED) |
| Session 4 | 15 mins | Review and feedback | equipment |
| How do you give the young sports leader feedback to improve their performance and why is this important? |  | * Activity Focus on effective feedback * How do you give feedback? * Why is important to go through your session identify your own strengths and weaknesses. * Complete review sheets and self-review sheets. | Flip chart paper.  Skills and qualities.  Self-review sheets  Peer evaluation sheets. |