



Coaching

Green ² Troops – Ambassador Coaching Badge

This badge prepares the girls to become more confident and successful in coaching, while also being eco-conscious. Each activity is designed to teach the girls how to properly provide guidance & mentorship to athletes, without producing waste.

Activity 1: Learn What Makes a Great Coach

Objective: Teaches the girls about the important responsibilities and traits needed to become a great coach. This helps enhance their understanding and knowledge regarding the emotional and physical needs of athletes.

Materials Needed:

- Eco-friendly notebook
- Reusable writing utensil

Steps:

1. Introduction to Coaching: Discuss with the girls what the responsibilities of a coach are, and the impact they have on people interested in playing a sport. Teach them that learning how to properly coach will improve their skills in areas such as active listening, problem-solving, communication, leadership, and much more.
2. Create a Questions List: Using your eco-friendly notebook, create a list of 10-15 questions that you believe would be helpful to know if you were to take part in a coaching career.
3. Interview a Professional: Find a coach to ask your listed questions to. This could be a coach who is affiliated with a school, an after school program, a local college or university, or even a physical education instructor.
4. Reflection: Gather the girls together to share what they have learned during their interview. Ask them to compare the answers they have received with each other, and to find the most common similarities. What were the most common qualities that most of the coaches that were interviewed had?

No Waste Aspect: Use only environmentally friendly notebooks and reusable writing utensils. This activity focuses on communication, resulting in zero waste.

Activity 2: Create an Eco-Friendly Sport

Objective: This activity will provide the girls with an opportunity to show off their creativity, while also demonstrating their understanding of coaching responsibilities. This allows them to further develop their public speaking abilities and creativity.

Materials Needed: Any reusable, natural, or upcycled items found at home

Steps:

1. Brainstorm: Each girl must create an original sport that they can design using only materials that are reusable, natural, or upcycled. Items should be already available at home with none being purchased for this project.

2. **Initiate the Sport:** Gather any of the necessary materials needed. Finish putting the materials together to develop the environmentally sustainable sport that you have thought of during Step 1.
3. **Present & Share:** Each girl must take turns presenting the sport they created. Share the rules in a manner that is similar to how a coach would introduce a new sport to a group of individuals.
4. **Reflection:** Once the girls have finished sharing their sports, re-group to discuss the most effective methods for explaining a new sport to someone that is easy to understand. What do you think made your explanation easy to understand? What helped you picture the sport in your mind?

No Waste Aspect: Every item included is reusable, recycled, or found in nature.

Activity 3: Design a Training Drill

Objective: Encourages leadership, creativity, and teamwork skills.

Materials Needed: None

Steps:

1. **Choose a Sport:** In groups of 3-4 people, agree upon one sport for the creation of a training drill. These drills should be designed to effectively warm up athletes before participating in a game.
 2. **Design the Drill:** Identify any specific skills that are needed during the engagement of the chosen sport. Examples can include footwork, coordination, balance, and others. Design drills that help practice these skills using no materials at all. Each activity included must rely solely on the imagination and body movement.
 3. **Try Out the Drill:** Each group will practice and try out the drills that they have created. During this time, think of any revisions to perfect the warm up routines.
 4. **Reflection:** Think about the various skills and techniques that the selected drills help improve. Why do you think training drills are important to engage in before participating in a sport?
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Activity 4: Put the Drills Into Action

Objective: Promotes leadership, confidence, and public speaking. This activity will give the girls an opportunity to truly try out the role of being a coach, while also receiving feedback on their performance by a professional.

Materials Needed: None

Steps:

1. **Reach Out to a Professional:** Find a coach and ask them if you can lead their class warm-up drills for a day. This individual may be the same person you interviewed during Activity 1, or it can be someone else.
2. **Take the Lead:** Guide the group through the training drill that you have designed during the previous activity. Speak clearly and use easy to understand words along with example actions to explain each task.
3. **Request Feedback:** Once you are finished leading the warm-up, ask the professional coach questions on your performance and suggestions for ways to improve in the future.

4. Reflection: Ask the girls about their coaching experience. Ask - Is there anything you would like to do in the future to improve your performance? What was your favorite part about leading the group warm-up?
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Activity 5: Strategy and Pep Talk Planning

Objective: Promotes problem-solving and critical thinking; teaches the girls how to think like a coach by creating on the spot game strategies and motivational pep talks for players during a game.

Materials Needed:

Digital Device

Recycled paper (optional)

Reusable writing utensil (optional)

Steps:

1. Think Of a Scenario: Each girl must come up with a short challenging game day situation. These can often involve managing pressure, distractions, and unexpected events that can impact performance. Examples can include:
 - Your team is starting to lose motivation and energy.
 - Players start to feel nervous and anxious before a game starts.
 - A teammate made a mistake and now feels discouraged.
 2. Plan Your Strategy: Create a strategy that can help players bounce back and refocus after dealing with the chosen scenario. Think about encouraging teamwork, building confidence, changing the game plan, etc. Write your plan and ideas out on a digital device or recycled paper.
 3. Plan Your Motivational Pep Talk: Write out a short motivational pep talk that you would give your team if this situation were to actually take place. Include positive and encouraging words, while also addressing the issue.
 4. Reflection: Gather together and discuss as a group. Why is it important for coaches to stay calm and supportive? What characteristics contribute in making a pep talk both effective and memorable?
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Conclusion and Badge Completion:

Gather the girls to discuss what they learned about coaching. Ask them which activity contributed the most to their knowledge and understanding of the topic, and which skills they believe are most important to have when a part of a coaching career. Encourage them to keep using these skills in real life leadership positions and in their daily lives.

Key Points For the Plan:

- Focus on leadership, communication, and critical thinking to help the girls learn to become more confident.
- All activities are 100% waste free by using only reusable, recycled, nature found items, or no materials at all.
- Encourage the girls to plan ahead, think critically, and reflect on real-life coaching situations and leadership roles in an eco-friendly way.