



Heather Douglas

Play Their Way

How can we reimagine coaching experiences for children and young people?



Only ~~50%~~ of
young people

45%

Who take part in sport and physical activity say they really enjoy it!

- Sport England, Active Lives 2019-20

<https://twitter.com/russellernshaw/status/1749005348848234823?t=aaJG4gU3mKbkgsOIPXiYwA&s=03>

No enjoyment

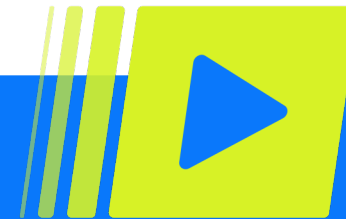
Low confidence

Body image

Pushy coaches and parents

Peer pressure / social media

Fear of failure



Bullying

Too much focus on winning



Aa

Inaccessibility



A collective of like-minded organisations looking to support coaches in implementing child-first coaching in their practice.



Child Protection in Sport Unit



UK YOUTH



We're building a grassroots movement to transform coaching for children and young people.

Our Vision

For all children and young people – regardless of age, background, or ability – to have equal opportunities to experience sport and physical activity that respects and promotes their rights

Our Purpose

To put every child and young person at the centre of our coaching practice so more children and young people will realise their rights.

Our Mission

By building a movement of coaches, organisations and other individuals committed to rights respecting sport and physical activity.

By championing and supporting child-first coaching practice and the understanding of children's rights within the sporting sector.





POINTS
AREN'T
THE ONLY
POINT

A 'rights-based approach'

The CCC is underpinned by a moral and legal mandate which defines the case for child-first coaching

- **The Right To Be Heard**
- **The Right To Play**
- **The Right To Develop**



Children and young people have space to share their views, which are acted on together in a meaningful way.



Children and young people shape how they play and participate.



Children and young people can develop holistically, in their own way.



Voice

Children and young people have the right to express their views which are acted on together in a meaningful way.

Choice

Children and young people have the right to play and shape what play looks like.

Journey

Children develop...

If we play their way, more children and young people will enjoy potential to lead happier and healthier lives



Sports Coaching Resources for Coaching Children

35 resources articles

Newest



Sunday 1st October 2023

Happy Place: How to Create a Positive Parent Culture

Parents are the biggest influence on their child so it is vital to have them on side and supporting coaches. Three experts from the sports sector give us their advice on how to create a positive culture.



Thursday 14th September 2023

Bowled Over: A Guide to Coaching Cricket to Children

Cara Biggin-Evans, a girls cricket coach at Banstead Cricket Club talks about the importance of getting to know the players so they get the most out of each session.



Tuesday 22nd August 2023

Valuing Young Voices at Valleys Gymnastics Academy

Valleys Gymnastics Academy (VGA) is a club that provides children with more than a gymnastics experience. We catch up with some coaches from VGA who tell us their secrets to success.



Monday 14th August 2023

Let's Work Together: What is Co-creation and Practical Tips on How to Deliver it

Lucie Vickers who is Head of Youth Voice at StreetGames and Andy Meudell who is a Youth Manager at a Youth American Football Club in Dunfermline talk about ways they create sessions with young people so they get the most out of the coaching experience.

Play Their Way Podcasts

Home > Resources > Play Their Way Podcast

Dive into child-first coaching with The Play Their Way Podcast! If you're a coach passionate about young lives, this is for you



What does...

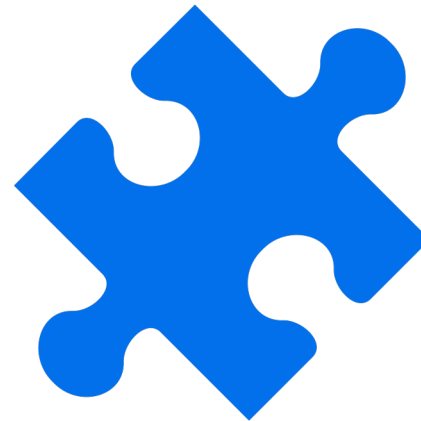


Look like in your coaching practice and environment?

What has this session...



Confirmed



Challenged



Curious



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Tuesday 14th February 2023

Step Up Your Game: A Playful Guide to Coaching Children's Football

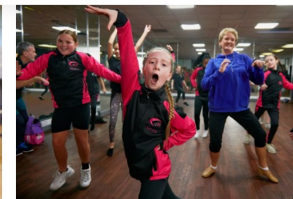
Football is the national sport and it's no surprise that...



Tuesday 14th February 2023

How to Coach "Spike-tacular" Volleyball to Kids

Coaching volleyball to kids is both challenging and rewarding. Luckily, our guide has got you covered with child-centric tips and advice.



Monday 13th February 2023

7 Tips for Coaching Kids' Sport

Coaching children and teenagers requires a different approach to coaching adults. With help from experienced kids' coach, Becky Evans, we've put together some tips to help you inspire your young players and set them up for a lifetime of participation.



Monday 13th February 2023

Ruck and Roll: A Guide to Coaching Rugby to Children

Experienced coach, coach educator and lecturer in sports coaching Richard Cheetham MBE shares his top tips on delivering enjoyable and engaging child-first rugby sessions that guarantee a positive experience for all children who take part.



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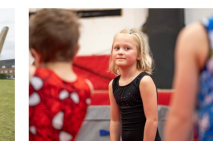
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Thank You!

For more information visit

www.playtheirway.org or

www.ukcoaching.org