

Traditional Coaches VS Game Facilitators

In the past it has been acceptable for coaches to push children to train harder and run faster all in the name of winning. However research suggests that children are more inclined to develop new skills in a fun and supportive environment. This philosophy is demonstrated in AIA Vitality MiniRoos through the introduction of Program and Game Leaders.

	TRADITIONAL COACHING	PROGRAM AND/OR GAME LEADER
WHAT MIGHT A WARM-UP LOOK LIKE?	<ul style="list-style-type: none"> • Laps of the oval • Fitness drills • Lack of interest from participants • Winners and losers 	<ul style="list-style-type: none"> • Fun game • High involvement and activity • Defined area, rules, equipment, scoring etc
HOW WOULD THE SKILLS OF THE GAME BE TAUGHT?	<ul style="list-style-type: none"> • Skills broken down into technical components <i>"Head over the ball, non-striking foot planted next to the ball, toes facing out" etc</i> • Players repeat skills in isolation Passing drill • Often grouped into long lines with one player practicing at a time 	<ul style="list-style-type: none"> • Players engage in a game-based activity that requires a particular skill to achieve an objective <i>"The objective of this game is to pass the ball to your team mates without letting the other team intercept it. 3 passes scores a point"</i> • Players learn how to apply the skill to the best of their ability Players will use different passing techniques to achieve their goal • Everyone is involved
WHAT WOULD THE CHILD LEARN?	<ul style="list-style-type: none"> • The technical components of a skill One or two skills in an unrealistic environment • Whether or not they are good at performing a particular skill <i>"I'm not very good at passing the ball accurately"</i> 	<ul style="list-style-type: none"> • How to apply a number of skills, decision-making, special awareness, communication skills etc The game environment presents players with a range of learning opportunities in addition to the desired skill. • Game relevant ques <i>"Passing the ball quickly helps make sure the defender couldn't intercept it."</i>
WHAT WOULD THE CHILD HEAR?	<ul style="list-style-type: none"> • Constant instructions from the coach <i>"Run there, pass here, move there..."</i> • Silence from the players They have no ownership over the game. The coach is playing the game for the kids 	<ul style="list-style-type: none"> • Encouragement from the facilitator <i>"Good effort, great pass, high five!..."</i> • Laughter from the players They are in charge of the game Kids are allowed to learn by doing
WHAT WOULD THE CHILD REMEMBER?	<ul style="list-style-type: none"> • One or two of the technical points regarding a specific skill <i>"I think when you pass the ball you have to..."</i> 	<ul style="list-style-type: none"> • How much fun they had playing games <i>"We played the passing game, and the dribbling game, and I helped my team scored 3 points...."</i>
WHICH SESSION WILL THE PLAYERS WANT TO DO AGAIN?	<i>Not this one...</i>	YES. DEFINITELY THIS ONE.