

Coaching plan template

This template has been designed to complement the Community Coaching – Essentials Skills Course that your coaches/teachers will have completed.

Use this template in conjunction with your coaches/teachers after they have completed the course to develop a CLUB approach for creating positive, safe, and inclusive learning environments, where your athletes will enjoy and thrive through swimming.

Space is provided throughout this template for your club to document your thoughts and ideas and start developing club plans for in a collaborative approach gained through the course & the clubs direction. If needed, you can enlarge the free text boxes by clicking anywhere in the box and dragging the bottom edge down.

Use this document again in future, whenever you have a new group of participants or when you want to review and reflect on the clubs coaching.

Creating a positive, safe, and inclusive environment (For the club)

- What does a positive, safe, and inclusive sport environment look and feel like to our Swimming Club?

Write here

- What does a positive, safe, and inclusive sport experience look and feel like to our swimmers?

Write here

- What challenges do we face in creating a positive, safe, and inclusive experience for our swimmers and how might we overcome them?

Write here

Safeguarding in sport (For the club)

- What do we need to consider when creating a safe environment free from harm, for all our community?
- When coaching children, what are the key child safe practices our coaches/teachers need to be aware of and embed into their coaching approach?

Develop a plan for creating a safe environment for all your club community and stakeholders compete in swimming consider.

- the child safe practices in action
- your club's responsibility to your coach
- how to make a report if you suspect there has been an alleged breach of the Child Safeguarding and/or Member Protection policy

Write plan or list ideas here

Who you coach (For the club to work through with your coaches/teachers)

- What motivates our athletes to be involved in swimming and why are they coming to club session/s?
- What might a successful session look and feel like and involve?
- What do our coaches/teachers need to do to ensure all swimmers feel included at each session?
- What barriers and challenges might limit our swimmer's ability to engage and participate throughout a session and what can coach/teacher do to overcome these?

Develop a plan for creating a positive and engaging swimming environment for everyone. Consider:

- individual capabilities and motivations of my participants
- how to include each participant
- coaches/teachers own ability to engage and motivate
- how to adapt the session to align with the various goals and objectives (e.g., enjoyment, participation, development, winning)
- how stakeholders can assist coaches/teachers to deliver a safe, inclusive and engaging sport environment.

Write plan or list ideas here

Where you coach (For the club to work through with your coaches/teachers)

- How can we best make use of the space, equipment and/or facilities to encourage positive behaviour amongst swimmers?
- What can we do to make the space, equipment and/or facilities safe, appropriate and more accessible within our environment?
- What barriers and challenges might impact the clubs ability to create a positive and accessible sporting experience for our swimmers and how can we overcome these?

Develop a plan making best use of the space, equipment and facilities the club have access to. Consider:

- space, equipment and facilities that the club have or can use
- how we can modify the space, equipment, or facilities to create an effective and engaging session
- limitations in space, equipment and facilities in our environment.

Write plan or list ideas here

What you coach (For the coach to complete and share with the club)

- How do I ensure my session plans are creating both a positive and safe environment?
- What practice approach (game-centred, technique-centred, constraints-led) is best suited to the participants I coach (their needs, goals, and motivations)?
- What factors might impact my session plan and how will remain adaptable to ensure I provide a quality session?
- How might using different practice approaches change the way my participants perform (e.g., physical, technical, tactical, mental)?

Develop a plan for creating an effective, safe and enjoyable session. Consider:

- matching the practice approach to participant needs and motivations
- involving participants in the development of the session plan
- how to ensure all participants are involved and appropriately challenged during the session
- what I will do as the coach during the session.

Write plan or list ideas here

How you connect (For the club to work through with your coaches/teachers)

- What does effective communication look like for to our committee?
- When interacting with different participants and stakeholders, how should we adjust our communication?
- What strategies do we need to consider to ensure our communication is inclusive?

Develop a plan for clearly communicating with our athletes and stakeholders. Consider:

- the most effective type of communication considering the context
- the impact of the club training environment on the type of communication used
- whether a demonstration will assist participants understanding and development.

Write plan or list ideas here

How you engage and organise (For the coach to complete and share with the club)

- Who are the stakeholders at my sessions that can help to support my role as the coach and what can they do?
- How can these stakeholders support me in my role as the coach?
- What barriers and challenges may be stopping volunteers from getting involved and supporting me and how can I overcome these?

Develop a plan for engaging with and encouraging stakeholders to support me. Consider:

- stakeholder roles outside the practice environment
- opportunities within the environment I coach
- the process for recruiting volunteers at my organisation.

Write plan or list ideas here

How you deliver (For the coach to complete and share with the club)

- How do I manage my participants to ensure my session runs smoothly and is effective?
- What impact will smooth, and effective delivery and management have on my ability to create and deliver a safe, engaging, and inclusive experience?
- What barriers and challenges might impact my ability to deliver good group management and how can I overcome these?

Develop a plan for managing my group of participants and encouraging safe, engaging, and inclusive environments. Consider:

- involving participants in creating rules and expectations
- activities and behaviours that will help me organise and manage the group
- the physical space available and how this might assist or reduce my ability to manage my group
- stakeholders who can support me at practice.

Write plan or list ideas here

How we improve (For the club to work through with your coaches/teachers)

- What impact will self-reflection have on the experience of our participants?
- What could effective self-reflection involve and what will we do to start this process?
- How can we put what we reflect on into practice?

Develop a plan for using self-reflection more effectively. Consider:

- different ways to reflect and what works best for us (collective & individual)
- what we will reflect on
- when we will reflect
- how will we put our reflections into practice to improve the environment we provide for our participants.

Write plan or list ideas here

Position statements

Consider the knowledge you have gained from your responses in this document to come up with three statements that describe:

1. How we CURRENTLY create a positive, safe, and inclusive learning experience for participants to learn, enjoy and thrive through sport.

Write here

2. How we WANT TO create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.

Write here

3. How we will achieve our goals of becoming a more effective community coach.

Write here