



DESIGNING AND DELIVERING INCLUSIVE SESSIONS

Coach Education Session Gunnedah
Presented by Emma Kennedy
29 February 2020

AGENDA

- WELCOME - ACKNOWLEDGEMENT OF COUNTRY
- HOUSEKEEPING
- COACHING IN CONTEXT
- COACHING FOR ALL ABILITIES AND LEVELS
- INJURY PREVENTION
- LIFE LONG PARTICIPATION IN SPORT
- SHINING EYES
- DESIGNING MODIFIED GAMES
- PRACTICAL APPLICATION IN TEAMS THIS AFTERNOON



AUSTRALIA'S GAME

ACKNOWLEDGEMENT TO COUNTRY

I would like to acknowledge the traditional custodians of the lands we meet on today, the Kamilaroi people and pay my respects to elders past , present and emerging.



AUSTRALIA'S GAME

ABOUT ME

EMMA KENNEDY

- Level 1 Community Athletics Coach
- Level 2 Club coach
- Youth Athletics leader
- IAAF Kid's Athletics coach
- UNE Sport Academy elite athlete



COACHING IN CONTEXT – VIDEO

- https://youtu.be/tl_gzZZspG4



COACHING IN CONTEXT - WORKSHOP

- What are the key themes from the clip?
- What is your coaching philosophy?
- Does it align with your team? – what if it doesn't?
- How do you implement it? – Expectations- theirs and yours?



AUSTRALIA'S GAME

COACHING FOR ALL ABILITIES AND LEVELS

- Create an environment that has these:
INCLUSION

Fun

Inclusive

Safe

High involvement



AUSTRALIA'S GAME

COACHING FOR ALL ABILITIES AND LEVELS

Include game based drills

Area

Rules

Objective

Opposition



AUSTRALIA'S GAME

BE ADAPTIVE – IF SOMETHING IS NOT WORKING CHANGE IT

*"Even the best laid plans sometimes
don't work out."* – Captain Holt Brooklyn 99

- Coaching Style
- Inclusion
- How many players
- Time
- Area Size
- Numbers in game
- Game Rules
- Equipment



INJURY PREVENTION

Prior Preparation Prevents Poor Performance



- Important to progress athletes slowly (Frequency, intensity and time)
- Condition and prepare the body for impact
- Strength, flexibility, stamina, agility and balance
- Ankles and knees
- Technique
- Monitor and listen to your athletes



AUSTRALIA'S GAME



A training program to
prevent leg injuries in
community
Australian Football

FootyFirst is designed to reduce leg injuries in community football. It is based on the latest and best scientific evidence.



10 side-steps on each side

Good side-step technique:

- Plant foot close to midline of body
- Trunk upright
- Knee bent when planting foot

Good technique

Foot planted too wide

Too much trunk lean

Incorporate these into your training sessions and set homework and daily exercise.
- Athlete needs to be responsible for their own development and cant expect to improve if only practicing once a week at training



**A GOAL
WITHOUT
A PLAN
IS JUST
A WISH**



**HAVE A PLAN – NOT JUST A
GAME PLAN**



AUSTRALIA'S GAME

DESIGN A MODIFIED GAME TO ADDRESS A SKILL CATEGORIES



- Start at the basics and work up from there
- Try not to give individual feedback and feedback to the whole team
- Watch the drills and offer feedback
- Be inclusive
- Objective – What do you want them to learn
- Progress the difficulty – size of playing field, amount of equipment, rules



AUSTRALIA'S GAME

SHINING EYES

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZS-YYHOYBMO&T=431S](https://www.youtube.com/watch?v=ZS-YYHOYBMO&T=431S)
34-5.09



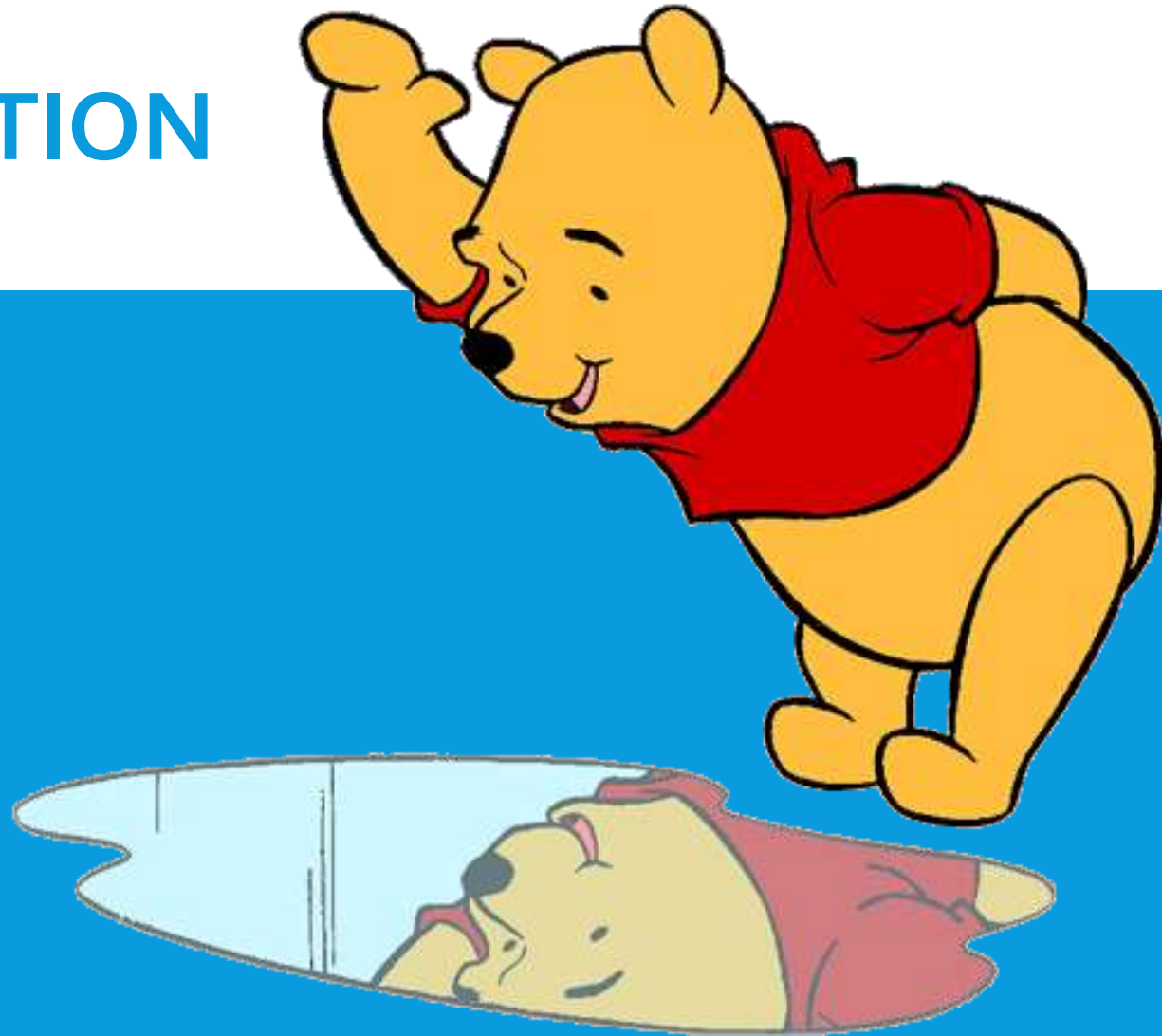
AUSTRALIA'S GAME



www.fox.com



SELF REFLECTION



AUSTRALIA'S GAME

PLAN FOR THIS AFTERNOON SESSION

- Warm up games
- Play some relay and team building games
- Speed and agility drills
- Break into groups and design a game addressing different skill categories and explain how you would progress it.



AUSTRALIA'S GAME

THANKYOU

**IF AT FIRST
YOU DON'T
SUCCEED...**

Try doing what your
COACH
told you to do
the first time.