

Reflective workbook

This template has been designed to complement the Community Coaching Essentials Skills – What you coach module.

Use the template during or after the module to develop how to use your experiences, knowledge and skills of the sport to create positive, fun and engaging environments for participants.

Whilst completing the What you coach module, consider:

* how you can implement the information you learn from the module into your own coaching environment.
* how you can begin or further your own self-reflection as a coach.

Space is provided throughout this workbook for you to document your thoughts and ideas. If needed, you can enlarge the free text boxes by clicking anywhere in the box and dragging the bottom edge down.

## Creating a positive, safe and inclusive environment

* What does a positive, safe and inclusive sport environment look and feel like to me?

*Write here*

* What does a positive, safe and inclusive sport experience look and feel like to my participants?

*Write here*

* What challenges do I face in creating a positive, safe and inclusive experience for my participants and how might I overcome them?

*Write here*

## What to consider

* 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*

## Position statements

Consider the knowledge you have gained from the Community Coaching Essentials Skills – What you coach module and your responses in this document to come up with three statements that describe:

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

*Write here*

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

*Write here*

1. **How I will achieve my goal of becoming a more effective community coach.**

*Write here*

**Learn more about community coaching at** [**Community Coaching | Australian Sports Commission (ausport.gov.au)**](https://www.ausport.gov.au/coaching/community)