

Positive Coaching Policy

Mt Tauhara Gymnastics is committed to the provision of a positive experience for all Club members while participating in Club activities.

This shall occur through provision of

- a happy and safe learning environment
- positive coaching by and communications with all staff
- programmes that encourage and enhance the development of personal skills
- engaging activities that encourage learning and fun appropriate to the gymnasts level and ability.

Coaching that encourages the child, provides positive feedback in a timely fashion, and is clearly communicated in a way that the child understands contributes to positive coaching. A more detailed description with examples follows.

What is positive coaching?

Providing a happy and safe environment where a child can enhance a variety of skills, within their own ability and space while having fun.

Use positive statements in regards to effort, good behavior and attitude while teaching different skills.

Examples:

I like the way you are good at keeping tight while you when you are in a handstand.

Look how strong Luke is, he can do 2 chin ups by himself.

Well done, now see if you can swing five times and land without stepping.

Good, if you stretch out a little further you will go higher.

I bet you re proud that you can do that.

The way you coach will make the difference to how the child develops. Incorporate several different types of activities and games each day.

Making the most of your class time by following these simple points:

Be prepared before the session starts

Be prompt start on time and make it clear you expect your gymnasts to do the same, finish on time Have enough equipment to teach skills for the number of gymnasts

Keep the sessions varied, interesting and fun

Give equal time to all gymnasts and use clear instructions

Give positive feedback and praise

Ask for feedback from gymnasts and listen to them

Make the most of activities you plan to teach:

1. Ensure success by gradually extending the challenges at an individual level. Your aim is to add a little each time with regular encouragement. Success breeds a positive self image and willingness to keep trying and learning.
2. Give as much help required for them to succeed by breaking down a big task into small steps, then stand back and let them practice. Reinforce information only as required. This helps build self confidence and independence.
3. Verbal and visual demonstrations are required. Too much verbal information or demonstrating without an explanation will only confuse a child. Therefore it is best to show and tell at the same time. Please avoid demonstrating yourself, unless you know you can perform the skill which is technically correct. If the children see a bad demonstration they will copy it. You can use a child from another group as long as you ask the coach first.
4. Give the child enough time to work on a skill themselves, avoid rushing in to help. Encourage the child to correct their own efforts by giving them enough time to work it out. A child should only be attempting skills on their own that will not injure themselves or other class mates.
5. By giving encouragement that contains helpful advice well done, you jumped higher because you ran faster will help develop a child s self motivation. Self motivation for a child comes when they succeed for themselves rather than from trying to please the coach.
6. Give a child options. Would you like to swing on the high bar or the low bar Never force a child to attempt a skill that they are not comfortable with, but at the same time don t make the child feel like they have failed by not being able to perform the skill. There are many progressions for each skill, progressions break down the skill into easier elements, prepare the coach and gymnast for the complete skill and ensure the safety of everyone involved.
7. Avoid comparisons with other children - Children progress at different rates. Encourage them to use their imaginations on doing different activities on different apparatus.
8. Coach to your ability. If in doubt ask for help or advice. A gymnasts safety is paramount.

