

Total Coaching



RUN WITH IT

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Overview

Goal

Imagine...

Target audience

What can it achieve?



Key principles

Ideal number

Venue

Proclamation

Discipleship

Stories

Supporting resources

Next steps

Overview

Total coaching involves coaching the 'whole child.' It is sport coaching that teaches skills and drills whilst integrating and developing relevant character, moral or spiritual values. The idea with this type of sports outreach is to allow children to learn different character qualities and to inevitably be pointed towards the Gospel in an experiential way. For



example teaching passing with the principle of generosity or decision making within sport, then transferring that learning also into life situations and lastly onto how Christ demonstrates generosity or helps guide us to make right decisions etc.

Goal

The overriding goal of any outreach is for the Gospel to be proclaimed and heard and for people to be saved. With total coaching the goal is that the Gospel would be communicated in a relevant way that children's hearts and attitudes would be changed and they would be brought closer to Jesus through the medium of sport. The outcome of 'Total coaching' is also an attractive one to many schools, teachers, parents, since the coach not only improves their sporting skills but can also equip them with life skills needed in the future whether later on in the playground or at university of getting a job etc.

Imagine...

The vision is simple that children would experience the character of Jesus that is displayed by the coach who imitates Him, drawing children closer to Jesus that they would come to know and believe in Him.

Target audience

The children in a school are the biggest focus for outreach in 'Total coaching,' however going into schools regularly means the coach gains access to teachers and support staff which through conversations, seeds of the Gospel can also be sown. Similarly in after school clubs coaches can also build relationships with parents.



What can it achieve?

Total coaching enables access to a large body of children, which creates opportunities to share the gospel. Total coaching primarily could see children developing their character and sport skills, but most importantly coming into a relationship with Jesus. Second to this, a domino effect could happen with children witnessing to other children and also sharing the gospel to their families and friends.

Key principles

The key principles for total coaching are similar to any normal coaching session.

1. Plan and structure session appropriately focusing on 2 or 3 teaching points with a main theme (representing both the sport skill working on an the character quality it can relate to)
2. Be creative in planning the session so that games/drills if possible are experiential to ephasise the character quality/value the session is based around.
3. Try to blend the skills learnt and character qualities into day-to-day life situations as well as into a game (sport-specific) situation (this maybe through a short team talk.)
4. At the appropriate time i.e. when explaining a drill, giving feedback and

asking questions etc to bring in elements of the Gospel through the main theme of the session.

Ideal number

The ideal number would be from 20-25, which is usually the maximum for adult to child ratios, however some schools vary in class size. Afterschool and lunchtime clubs schools often will cap the number of children allowed in a club, however if you have an assistant coach obviously you can have more children.

Venue

School sports coaching usually takes place on the school premise either playground, field or sports hall. If schools have limited facilities, local sports centres or parks can be used with permission of the school and parents.

Proclamation

The proclamation of the gospel through 'Total coaching' requires some creativity to relate sports skills or elements of sporting play to moral or spiritual principles. Teaching character or spiritual qualities are often introduced as the skill is taught or there can be a short (maximum 5 minutes) team talk where the coach can gradually zone in on what they've just learnt in a drill/game situation into a life situation and lastly how that can relate to God almost in 3 significant phases.

For example:

Game: creating a purposeful 'unfair' game situation such as 5 v 2

1. Initiating a discussion whether they thought it was fair why/why not?
2. Asking provoking questions if any of the children have felt they've been unfairly treated before or treated someone else unfairly. (Sharing personal examples)



3. Finally relating that to Jesus how he took upon our sin, which seems totally unfair but to save us.

For more information on proclamation and 'total coaching curriculums contact us.

Discipleship

If the coaching is doing weekly sessions in a school they will have regular contact with the children enabling them to disciple them, walk with them and mentor them. The coach often has a different and more informal relationship with



children than teachers allowing them to have greater opportunities for children to be open and responsive to them when they share the gospel or engage in conversations. For children who show greater interest in the Gospel or who make a commitment it is useful to have connections with churches who have good children's work to be able to bridge them to a church for further discipleship. Additionally running sports camps during school holidays can also be a way to disciple children further and create deeper relationships, vice versa if you are running a camp going into schools can provide firstly a target audience to market to but enables regular contact and discipleship

Stories

"The coaches on our Community Sports Team have wonderful access to a whole community of people by going into local schools. One coach takes most of a schools PE lessons and runs a variety of after school and lunch time clubs as well as the occasional assembly and has seen the Lord move wonderfully as he combines sports drills with life skills and the Word of God. Schools have seen the attitude and behaviour of many children improve through character development and more importantly, children have decided to follow Jesus and then attend local sports camp."

Resources:

Workers required: School coaching: Qualified sports coach (minimum Level 1 coaching qualification), assistant coach (preferred level 1 qualified)

Equipment: school sports equipment, plus any other specific equipment supplied by the coach.

Ministry resources: Sports ministry tracts, Gospel booklets, bibles, posters (Visit our resources to find out more)



Next steps

1. Approach a school, explain what you can offer and your vision - for

more information and advice on good practice when approaching schools (e.g. WSM have available information and templates for approaching schools, such as phone call scripts, letters of what you can offer, parental letters.

2. Arrange a meeting at the school and make the ask giving your availability and showing your CRB

3. Send parental letter out through school

4. Collect parental consent forms (if clubs) and payments

5. Plan coaching session and pray over it

6. Deliver coaching session

7. Evaluate coaching session and continue to pray for children



WSM can have many resources available to get you started. We have a range of excellent coaching resources and curriculums for many sports that include already designed sports coaching sessions that teach a specific spiritual or moral value.

Contact us directly:
children@worldsportministries.com

Start a Community Sports Team

Beginning a Community Sports Team in your area and receiving training will help support you further to be able to begin 'total coaching' and start any other children's outreach events. Through a CST you may even be able to find other coaches to in your area to start coaching together

Starting a CST will also enable you to effectively continue to do sports ministry in your area putting on future events and to maintain relationships with people in the community drawing them closer to Jesus Christ. For more information on establishing a Community Sports Team visit:

www.worldsportministries.com/helping-you/join-or-start-a-cst-2/



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