



# How to... 'identify training needs and up-skill coaches and leaders working with women and girls'



## *Why it's important*

Engaging women and girls in physical activity and sustain their participation requires the coach or leader to have certain skills and attributes. It is important to understand the current skillset and experience of your coaches and leaders in order to be able to support them further through training and development programmes.

It is also important to consider what training is available and appropriate to support those young women that want to progress from participant to coach, leader or volunteer.

# Factors to consider

## Qualifications and Training

When trying to engage women and girls in sport and physical activity, the personal qualities and skills of the coach, leader or activator are often more important than the qualifications they hold.

StreetGames recommends coaches and leaders have the skills and knowledge to deliver the sessions through a level 1 or level 2 coaching award or another suitable qualification.

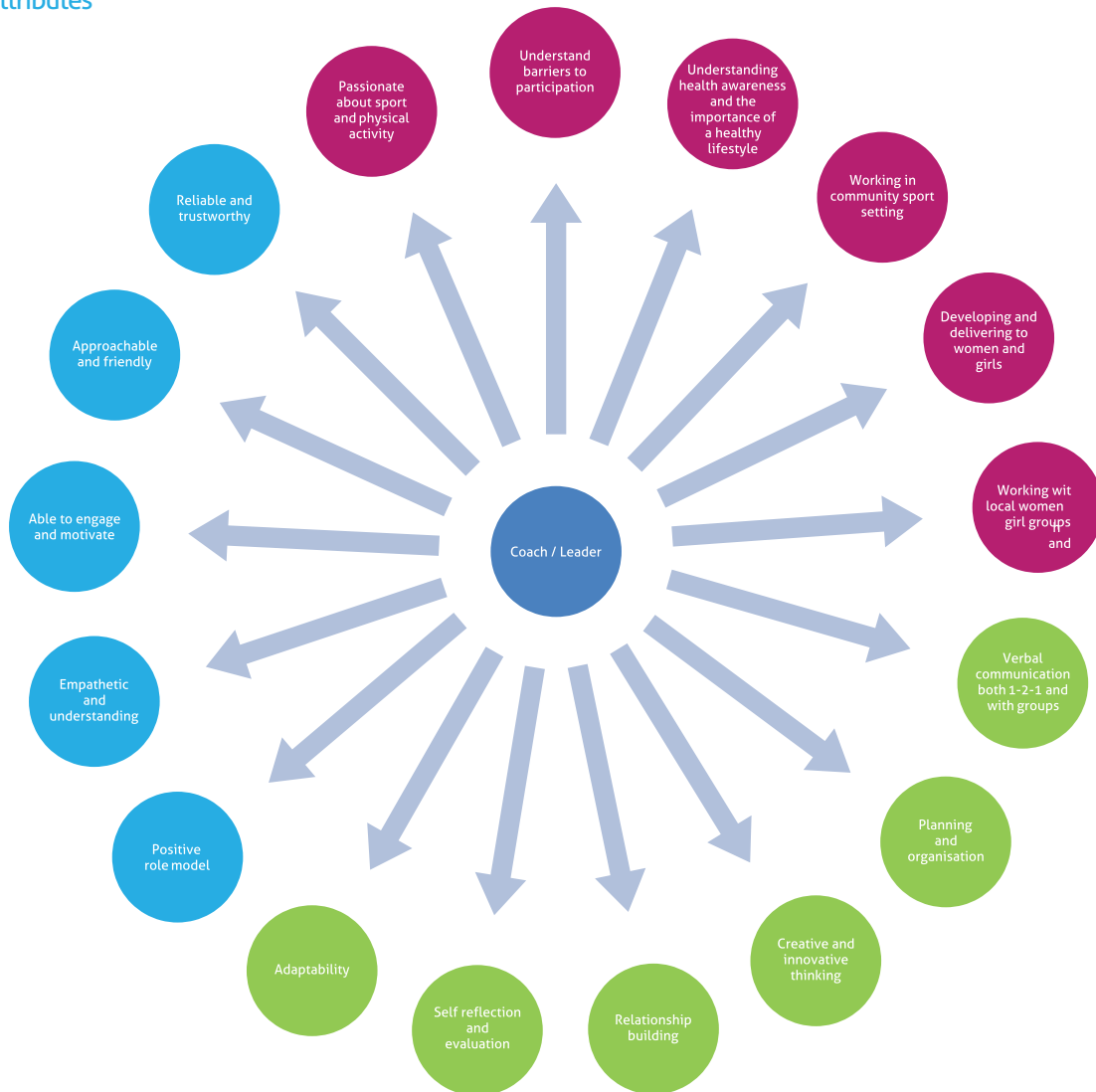
StreetGames also recommends that leaders have awareness of safeguarding children, young people and vulnerable young adults, have access to emergency first aid provision and have suitable liability cover for the activity they are delivering.

## Knowledge, Experience, Skills and Personal Attributes

### Knowledge and Experience

### Skills

### Personal Attributes





## StreetGames Training Academy

The StreetGames Training Academy provides useful workshops and courses for doorstep sport leaders and participants. It also provides opportunities for mainstream sport's agencies to learn about working with our target market. In addition, the Academy provides learning opportunities for StreetGames participants, contributing to our work to change lives and change sport.

### Doorstep Sport Skills Workshops

These workshops share all the findings from StreetGames action research projects and top tips from projects across network and beyond in delivering effective doorstep sport. These interactive workshops are 3 hours long and delivered by tutors with experience of working in a range of challenging environments.

We are always developing new material, current Doorstep Sport Skills Workshops include:

- Doorstep sport induction
- Retention
- Organising and managing events
- Fundraising and small grants
- Introduction to behavioural change (health)
- Setting up a volunteer project
- Managing volunteers
- Mentoring volunteers
- Youth action with volunteers
- Volunteer retention
- Making doorstep sport deaf friendly
- Working with young people to understand & manage challenging behaviour
- Engaging women and girls in sport and physical activity



Us Girls Alive, Hastings



## Sport Specific Skills Workshop

Developed in partnership with National Governing Bodies of Sport these workshops are ideal to support young volunteers in their journey into sports leadership and coaching, as well as providing experienced youth, sport and community workers with new games challenges and activities to keep their local sports offer fresh.

We are regularly reviewing the content and range of activator workshops which we offer, the current menu includes:

- Athletics Activator workshop
- Street Rugby Activator workshop
- Street Tennis Activator workshop
- Basketball Activator workshop
- Indoor Rowing Activator workshop
- Table Tennis Activator workshop
- Street Golf Activator workshop
- Handball Activator workshop
- Street Rounders Activator workshop
- Dodgeball Activator workshop
- Badminton Activator workshop
- Dance Activator workshop



Us Girls Conference, 2013

## Accredited Coaching Qualifications

The Level 2 Doorstep Sport Coaching award has been developed by StreetGames, with support from sports coach UK, and is accredited by 1st4sport. The award combines the 1st4sport Level 2 Principles and Preparation for Coaching Sport and Level 2 Award in Multi-Skill Development. Both of these qualifications are tutored and assessed in the context of the doorstep sport.



The Level 2 Doorstep Sport Coaching course is a multi-sport qualification which provides participants with the opportunity to understand the generic movement and sports skills that underpin all sports. Coaching these skills increases young people's chances to develop sporting habits for life. If young people can move well and have a positive opinion of their sporting competence they are more likely to have the confidence to participate.

The StreetGames tutors provide learners with the time, space and support to use their personality, experience and local knowledge to translate these skills into activities which would be meaningful in a doorstep sport setting. Participants are challenged to develop sessions which meet the needs and motivations of young people. The tutoring team is experienced in delivering in the doorstep sport environment.



## Accredited Health Qualifications

StreetGames is now a recognised training centre for the Royal Society of Public Health. Over the coming months we will be supporting workers from the network to work through a range of accredited qualifications in order to increase the tools at in your kit bag to support people in developing and sustaining healthy lifestyles.



The accredited qualifications which will be offering include:

- RSPH Level 1 Award in Health Improvement
- RSPH Level 2 Award in Applied Health Improvement
- RSPH Level 2 Award in Understanding Behaviour Change

## Other training opportunities

There are few sport related training courses that have been specifically designed for women and girls. Sports Leaders UK, however, do offer a 'Women, Get Set, Go!' award which is a personal development programme that has been specifically designed for women and girls (14 years and over). The course encourages women and girls to communicate with confidence, value their own skills, understand how the world of sport and leadership works, and to develop a personal action plan for their future involvement in sports leadership. It is a suitable stepping stone for those participants interested in progressing to a leadership position.

Many other sports related training courses are available and may be appropriate for the young women in your project. SkillsActive is licensed as the Sector Skills Council for Active Leisure, Learning and Well-being. Their work encompasses Training and qualifications, Projects and programmes and Information and resources. NGBs also offer a range of training courses.

## Case studies

### Manchester Us Girls

Manchester Active Lifestyles identified a gap in relation to racquet sport opportunities for females across the city. The Manchester Us Girls project as a result has supported one of its project participants to complete her level one tennis qualification, level one badminton qualification and she is soon going on to do her level one squash qualification. She is now able to deliver female only badminton and tennis sessions through the Us Girls project. She is also going to help set up and develop other women's racquet sport sessions across Manchester.





Us Girls Project, Hastings

## Top tips

- When identifying the training needs of your women and girls workforce, consider the qualifications they have/need, their level of experience, skills and personal qualities
- Consider the training needs of the project coordinator, the project worker and the young women from within the project – these will differ
- Use the StreetGames Training Academy workshops to prepare your workforce for delivering high-quality sporting opportunities at the right time, in the right place, for the right price and in the right style
- Offer women's only training courses if demand permits
- Support coaches and leaders to access funding to pay for training courses as this can be a barrier
- Help new coaches and leaders find suitable paid and volunteering opportunities on completion of training courses with the support of a suitable mentor.

## Further information

The Training Academy was founded in partnership with Coca-Cola and receives additional support from Sport England, Sport Wales and Sportech. The Co-operative Group funds the courses that show coaches how to support young people to move into leadership roles.

StreetGames Training Academy  
<http://www.streetgames.org/www/training/content/training-academy>

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Sports Leaders UK <http://www.sportsleaders.org/>

Skills Active <http://www.skillsactive.com/>

