



Coaching



Badge Overview

What does it take to motivate a team to accomplish their goals and dreams? The best coaches put their answers into action at every practice. In this badge, find your answers and share them! Coaching is an opportunity to share your love of a sport, demonstrate your athletic skills, and inspire and empower athletes to realize their potential.

Note: You need to plan to have 4 weeks to complete this badge. You will need to coach one person or a group, (family or friends!), and have an event at the end to work towards—like a game, race, tryout, or final demonstration. It can be something they already have planned, or you can plan the final event yourself.

Badge Components

1. Begin to outline your coaching strategy

As a coach, it's important to have a strategy not only for the game, but for how you want to conduct yourself as a coach. Earn this step by coming up with your own coaching strategy that includes the values you want to uphold as a coach, and the rules you want to set for you and your athlete(s). Use page 1 of the [worksheet](#) to write this out and share it with your athlete(s)!

- Get inspired by watching this [video](#) about Becky Hammon, the first female full-time assistant coach in the NBA, and the first female coach of an NBA G League team. You can also see some clips of her first time coaching in the G League by watching this [video](#).

2. Conduct a first assessment

It is important for everyone to understand where the athlete currently is and where they would like to go! Earn this step by speaking with your athlete(s) to set a goal for the end of your training session as well as beyond your training. If you are working with multiple people, be sure everyone has an individual goal and that there is an overall team goal.

- You can give a copy of page 2 of the [worksheet](#) to each athlete to record their individual goal and the team goal. Encourage them to keep their goal sheet somewhere visible so they can be reminded as inspiration through your training!

3. Design your coaching plan

Training for every sport is different, but you should be sure to cover stretches/warm-ups, drills and training, and a cool-down. You may also include workouts that improve things like strength, flexibility, and endurance depending on the sport! Earn this step by first doing some research on what the best options for your sport are. Then, use page 3 of the [worksheet](#) to create a weekly coaching plan for your athlete(s) to follow both when they are training with you and on their own time as extra practice!

- If you are working with multiple people, including team-building exercises is a great option as well!

4. Put your plan into action—and revise it, if necessary

It is important to continue to evaluate your current plan and make improvements based on your own feelings and feedback from your athlete(s). Earn this step by speaking with your athlete(s) at the end of each week and making one change to your plan for the next week.

- Do you need to add more cardio to build endurance or include new stretches to your warm-up to help prevent injury?
- Should you schedule a team-building session or an additional rest day?

5. Attend the big event, and make a final assessment

Now it is time for the final event! Earn this step by coaching and supporting your athlete(s) in their final event, and be sure to give them a pre-game and post-game pep talk to motivate and empower them! After, you could give them each a gift or prize, or have a fun celebration!

Materials

- Something to write with
- Access to internet
- [Coaching Worksheet](#)

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida's educational standards.

We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org.

Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

Questions? Contact customercare@gssef.org