

# Coaching for Youth Development - Building Blocks Training

1.5 hours Live Virtual or In-Person Group Training

## Purpose:

To provide coaches with the tools to create a healing team environment as players return to the field after difficult life experiences. Coaches will learn to create a trauma-informed space where players feel:

**“I am protected, I am seen, I have choices, I am capable, I matter and what I do matters”**

These principles are covered in an interactive fashion in which coaches have opportunities for large and small group discussions and participatory activities.

## Learning Objectives:

- **Recognize** how lived experiences impact young people and how they show up to practice.
- **Identify** the role a coach plays in creating a healing sports environment.
- **Name** the five Building Blocks of Quality Youth Sports.
- **Give examples of** the Building Blocks in a sports practice.

## Agenda:

Setting the Stage: Trauma Lens Overview & Pair and Share

(30 minutes)

Building Blocks of Quality Youth Sports: Introduction, Demonstration, and Debrief

(40 minutes)

Role of a Coach In Implementing the Building Blocks: Discussion Group

(15 minutes)

## Logistics:

Live Virtual Trainings are hosted over Zoom for groups of 20+ participants. In-Person Trainings are conducted in select locations and following CDC and regional safety guidelines for groups of 50+ participants. To request either option, email [partner@coachingcorps.org](mailto:partner@coachingcorps.org) with 3 proposed dates and times to host the training.

