

HIGH FIVE[®] Sport Outline

This 4.5 hour workshop will help coaches who work with children aged 6 to 12 improve the quality of their sport programs. It is geared toward coaches of competitive athletes and provides training in the Principles of healthy child development so coaches understand what they need to do to balance training and competition with each child's social, emotional and cognitive needs. Coaches learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with their athletes.

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| Section: | 1 – Introduction and Overview of HIGH FIVE [®] |
| Section: | 2 – Healthy Child Development |
| Expected Learner Outcomes: | <ul style="list-style-type: none">★ Identify physical, cognitive and social development traits of children ages 6 to 12★ Determine learner's impact on child's experience Recognize the impact that a coach can have on a child's experience in sport and their healthy development. |
| Section: | 3 – Pre-Season |
| Expected Learner Outcomes: | <ul style="list-style-type: none">★ Interact with children as A Caring Adult★ Determine the coach's impact on a child's experience★ Communicate effectively with children and their parents/guardians |
| Section: | 4 – The Practice |
| Expected Learner Outcomes: | <ul style="list-style-type: none">★ Use strategies to help children make Friends★ Identify strategies for keeping Play in sport activities★ Find the Challenge Zone to maximize feelings of accomplishment and Mastery★ Identify program environments that maximize Participation |
| Section: | 5 – Competition |
| Expected Learner Outcomes: | <ul style="list-style-type: none">★ Identify strategies to reduce competition pressure |
| Section: | 6 – Conclusion |

Interested in hosting or attending a HIGH FIVE[®] Sport workshop - please contact:

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