

# SPORTS SESSIONS

## WHO'S IN CHARGE?

Each Head Coach is in charge of their designated Sports Sessions. They should have playing or coaching experience in their sport and should enjoy working with elementary kids. Helpers during the Sports Sessions include:

- Huddle Coaches to manage their Huddle Groups
- Sports Managers (optional) to help the Head Coach set up equipment, gather balls, demonstrate drills, etc. Young teens or nonathletic kids may enjoy this role.

Head Coaches provide sports instruction and practice during the Sports Sessions, which should be fun for kids and coaches alike. Some of the responsibilities listed below may be handled by the Camp Director.

## SPORTS SESSIONS CHECKLIST

### BEFORE MEGA SPORTS CAMP BEGINS

- Attend the Volunteer Training. Meet the Huddle Coaches who will be helping during the Sports Sessions.
- Recruit a timekeeper for the Sports Sessions.
- Read the *Playbook* for your sport. Choose the activities you plan to use. The activities have been tested to make sure they work with kids, so getting ready should be easy.
- Check out the location for your Sports Sessions. Keep the setting in mind as you plan the daily activities.
- Gather the equipment you'll need for each session. For the materials needed for your particular sport, see pages 16–23. If any equipment needs to be ordered, tell the Camp Director.
- Practice the drills and skills you will teach. The better you know the material, the more fluid your presentation will be.
- Pray and ask God to help you teach the kids about sports and sportsmanship.
- Arrive early enough to prepare before the Sports Sessions begin each day.

### FROM THE FIELD

We added sports crafts for kids in grades K–3 who wanted a break from the sports session. It was a BIG hit.

Head Coach



### **AT SPORTS CAMP**

- Get kids involved quickly. A great way is to have an icebreaker activity to start the first session.
- Keep the Sports Sessions fun and lively. Try to keep the kids moving as much as possible. Your enthusiasm will help the kids have fun as they learn.
- Keep instruction segments short and to the point. Kids will tune you out if you talk too long.
- Be patient. Some kids catch on to new skills more quickly than others.
- Utilize the Huddle Coaches to help with crowd control and demonstrating skills.
- Ask your timekeeper to make sure you break for Coach Huddles and rally times.
- Know where the Safety Coach is located in case a kid gets sick or injured.
- Be prepared to participate in rally times if needed.

### **COACH'S CORNER**

There should be a way for every kid to participate and have fun at Sports Camp—even if they aren't athletic. You could add nonsports activities like sports reporting, photography, or drama. Or some kids might enjoy helping at the registration table, in the concession stand, or on the music team.