

HERA EVERYDAY GODDESS

COACHING YOUNG WOMEN AND GIRLS

Active Lives

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Coaching young women and girls



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How to coaching toolkit designed to support coaches working with

young women and girls.

Introduction

The simple fact about coaching is that there is no one way. However, we do know that the main reason most people play sport is for fun. Fun is defined by the individual, it is not gender specific, and as coaches we have significant influence in terms of the experiences had in sport.

Before puberty boys and girls are very similar. Sex differences in athletic performance and engagement generally coincide with the onset of puberty. We hope to give you some insight and understanding into how best to coach young women and girls and how you can create a safe, enjoyable and supportive environment to enhance their sporting experiences and help them, to realise their potential.

Download the toolkit to read more.