

# MODERN COACHING APPROACH

# SPORTAUS

## SHAPING THE FUTURE OF COMMUNITY SPORT IN AUSTRALIA

### State of play

Participation and physical activity rates have declined significantly with one in two children and 81% of adults not sufficiently active for health benefits. Australia currently ranks 140 out of 146 countries in terms of how physically active our teenagers are.<sup>1</sup>

The sporting landscape has changed drastically over the last three decades with a sharp rise in diverse talent new formats, technologies and participant expectations, but our coaching methods have largely stayed the same.

The need for change is clear!

### Evolution

Sport Australia is leading a modernised approach that will transform the sporting experience and encourage more people to play, coach and enjoy sport. Developed in collaboration with the sport sector, the new approach focuses on the participant and their individual needs, aspirations and motivations. It is about educating and empowering coaches to create positive sporting environments where participants, coaches, volunteers and communities can thrive.



Rather than focusing only on skill development, winning and moving up through accreditation levels, the new approach involves ongoing learning and development for coaches, enabling them to continually improve their coaching skills for the benefit of participants, whether they are learning to play, playing socially or playing at a competitive level.

OLD APPROACH	NEW APPROACH
<b>Coach centred</b>	Participant centred
<b>Competitive, outcome-focused</b>	Fun, safe, inclusive, flexible, social and appropriately challenging
<b>One-size-fits-all</b>	Adaptable coaching to meet the needs of participants
<b>Skills-based</b>	Holistic approach that develops participants' physical, social, psychological and cognitive skills along with sport-specific skills
<b>Compliance</b>	Develop competencies to deliver an optimal experience for participants
<b>Commanding coaching style</b>	Open, inquisitive, collaborative coaching style
<b>Formal learning</b>	Bespoke, blended, ongoing learning
<b>Decreasing coach recruitment and retention</b>	Increased recruitment and retention of coaches who enjoy what they do
<b>Participant numbers dropping</b>	Participants increasingly motivated to join and stay in sport

1. Challenges in global surveillance of physical activity, The Lancet Child & Adolescent Health, Volume 4, Issue 1, January 2020, Pages 2-3

## Benefits



### For participants

- > Positive sporting experiences
- > Achieve personal goals
- > Sense of belonging
- > Motivated to be involved in sport.



### For coaches

- > Ongoing learning through bespoke education and training
- > Personal and professional development
- > Understand current coaching environments
- > Motivated to coach and inspire.



### For sporting organisations

- > Attract new participants and fans
- > Increase recruitment and retention of coaches
- > Improve culture and reduce risk
- > Increase diversity and revenue.

WATCH THIS **SHORT VIDEO** TO SEE  
THE MODERN APPROACH IN ACTION

[SportAUS.gov.au/coaching](https://SportAUS.gov.au/coaching)



## Support for sport

Sport Australia is developing a suite of resources, advisory services and blended learning opportunities, including free online courses to support sports and coaches as they embrace the Modern Coaching Approach.

National Sporting Organisations are encouraged to contact the Sport Australia Coaching Team at [coaching@ausport.gov.au](mailto:coaching@ausport.gov.au) to learn more about the support available to help embed the new approach and develop plans to boost coach education, recruitment and retention.

