

Get in the Game!

Getting Families Active at Sessions

Asking families to take on a more active or leadership role during your sessions can be daunting. Wait at least 2 – 3 sessions before you approach a parent that you think would enjoy running an activity or sharing something with the group. **Make sure that the opportunity is offered in a one on one and an informal setting and give the parent an “out” if they feel uncomfortable.**

Follow the Leader:

- Ask a different parent each week to assist you in running the opening or closing group game.
- The game should be one that you have practiced several times during the session so that everyone is familiar with it. It should also be one that the parent’s athlete enjoys or is very good at.
- Be clear as to what you would like the parent to do and what you will do.

Example:

Coach: “Hi Jennifer. I love watching you and Javon when we do the parachute game during our session. You seem to really enjoy it.”

Jennifer: “Yes, Javon laughs and laughs. Have you noticed that he is really trying to listen to the directions and wait his turn?”

Coach: “I know! He has made a lot of progress and the other children are starting to watch him. He is a great role model. I was thinking about ways to make the sessions fun and was wondering if you would feel comfortable helping me run the parachute game at our next session? I would start the game and give the first few directions and then maybe you could try 1 or 2 of the directions. Do you think you and Javon would enjoy that? It’s ok if you’d prefer to participate and not lead the game. No need to give me an answer now. ”

Parents vs Kids Games:

Sometimes a little competition can make a game interesting!

- When playing group game, try giving directions for only grown ups to follow and then for only children to follow.
- If you have an older group and are incorporating a few sport specific skills, you can try and do a grown-up vs kids game.
- Modify as needed.

Example:

Coach: “We are going to play the dice game today. We have played this game a few times (Review rules if needed). This time only the parents will do the actions when I roll a 3 or 5. Only the children do the actions when I roll a 1, 2, 4, or 6.

Activity Share

- Each week highlight a skill from the Young Athletes guide.
- Encourage the families to try an activity for that skill from the guide or make up an activity for that skill category.
- At the following session, families can share the activity they practiced or made up.