

4 C's cheat sheet

Competence

Adapt games and drills to the group's ability, plan the session accordingly for the ability of the group, mix the weak players with the good players, Question the group to find out their knowledge, split groups each week so they can learn off each other, think of progressions to challenge the stronger players, explain and demonstrate clearly so everyone understands.

Confidence

Praise, specific praise, group praise, peer praise, explain and demonstrate well, plan task to suit ability, motivate the group, inspire the group, provide specific feedback, the participant becomes the deliver, 80/20 success, split the group – friends, ability, make teams fair, constructive feedback, encouragement, start with easy achievable activities, give points for praising in the team

Connection

Points rewarded for good communication, Team building games, children lead games, put groups together that are not friendship groups, encourage good team work, encourage fair play / shaking hands, team bonding outside of the session / activity, swap teams around, tactical discussions.

Creativity

Mix people with different abilities, use open questions, give them the task but don't tell them how to do it, ask children for options to change games, let the children show demonstrations, praise good creativity, tactical discussions, allow them to explore and learn, use a child centred approach.