



WORKING WITH CLUBS





Our interventions serve as a powerful catalyst for empowerment, personal growth, and community integration for children and young people facing various challenges.

We aspire to enrich lives through personal development, attainment of qualifications, and positive experience, ultimately contributing to a more inclusive and thriving society.

Purpose

Our purpose is to use sport & physical activity to make people Healthier, Happier and More Successful

Vision

To create active, connected and enriched individuals who are capable of, and empowered to improve their lives and their community through sport without barriers.

Mission

To leverage the unifying power of sport to create a positive social impact to improve the lives of individuals and communities through the benefits of physical activity, social connection, and personal development, especially those experiencing disadvantage.

We strive to eliminate barriers, ensuring that everyone has the opportunity to participate, benefit and achieve, ultimately creating a more inclusive and thriving society.



We use Sport & Activity to focus on one or more of our core outcomes

Physical Health

Mental Wellbeing

Social Connection

Enriching Activities

Community Development

Employment and Skills

Delivered through

Developing Coaches

Clubs thrive on the passion and dedication of their volunteers. Helping individuals to enhance their skills, knowledge, and confidence leads to improved coaching, more effective administration, and a safer, more enjoyable environment for everyone involved. Our offer helps clubs to commitment to its volunteers, fostering a culture of growth and ensuring the long-term success of the club.

Creating Young Leaders

By investing in youth programs, clubs can develop essential skills in their players, enhancing players' athletic abilities but also cultivate leadership, teamwork, and communication skills, preparing them to become future volunteers and coaches. This investment ensures the club's long-term sustainability by creating a pipeline of dedicated individuals who will contribute to future growth and success.

Whole Club Approach

A grassroots club's success hinges on more than just talent. Bespoke support to craft club philosophies, development documents, codes of practice, and coach development programs is a game-changer. These tailored resources not only provide a clear roadmap for your club's vision and growth but also foster a positive, structured environment where people thrive.

INTRODUCTION TO EFFECTIVE PRACTICE DESIGN

This workshop provides a comprehensive introduction to the principles and practices of effective practice design. Participants will gain the skills and knowledge to develop engaging and impactful activities that align with specific learning objectives.

Learning Outcomes

- Understand the key components of effective practice design.
- Develop a strong understanding of learner needs and motivations.
- Learn how to create clear and achievable practices.
- Acquire skills in designing engaging and interactive activities.
- Develop the ability to assess the effectiveness of practice designs.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

ADVANCED PRACTICE & DESIGN

This workshop is designed to equip coaches with advanced strategies and techniques for creating & implementing effective practice designs. Participants will gain the skills to develop engaging and impactful programs adapted for their players.

Learning Outcomes

- How to design comprehensive, linked practices that align with needs of players.
- Understanding of long term player development.
- Learn the skills to utilise full practice spectrum to create an effective training program based on the needs of players.
- Use personalisation strategies to manage different abilities.
- Enhance game understanding, linking practice to the principals of play



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



PERSONAL
DEVELOPMENT

INTRODUCTION TO TRAUMA INFORMED PRACTICE

The workshop explores Adverse Childhood Experiences (ACEs), the impact on young people and their behaviour. Learners will be equipped to understand role in using sport to build resilience and start to think about how to build a 'Trauma Informed approach' in their coaching.

Learning Outcomes

- An understanding of Adverse Childhood Experiences (ACEs).
- An understanding of the short & longer term impact ACEs.
- An understanding of the stress response and impact on the body.
- Understanding our role as a coach and using sport as a tool.
- Starting to think about how to take a 'Trauma Informed approach'.



AVAILABLE
ONLINE



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

BEHAVIOUR MANAGEMENT STRATEGIES

This workshop is designed to provide practical strategies and techniques to effectively manage challenging behaviour in a variety of settings. Participants will learn how to identify the root causes of difficult behaviour, implement de-escalation tactics, and establish positive relationships with individuals exhibiting challenging behaviours.

Learning Outcomes

- Understand how to use positive engagement to address behaviour.
- Understand what the causes and triggers of behaviour and build prevention strategies.
- Be confident to enable you to take ownership and effectively manage behaviour.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

INCLUSION ACTIVITY AWARD



This workshop will equip participants with the knowledge and skills necessary to create inclusive and welcoming environments within their activities. It will explore strategies for identifying and addressing barriers to participation, promoting diversity and equality, and fostering a sense of belonging for all individuals.

Learning Outcomes

- Identify and challenge biases and stereotypes that may hinder inclusion.
- Recognise the diverse needs and experiences of participants.
- Develop inclusive practices to ensure equitable access and participation.
- Implement strategies to create a positive and supportive learning environment.
- Foster a culture of respect and understanding among participants..



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



CIMSPA
CPD

AWARD IN MULTISPORT COACHING



This qualification is designed to equip individuals with the skills and knowledge to deliver engaging and effective multi-skills sessions. Suitable for volunteers and Coaches who work in multi ability settings and provide sport and fun physical activity experiences. This award is mapped across CIMSPA Coaches Professional Standard.

Learning Outcomes

- Delivery Principles- Safe / Fun / Engaging / Inclusive.
- Skills and Techniques to Play.
- Multisport Skills and Techniques for Play.
- Inclusion and Differentiation in delivery.
- Multisport Adapted Games.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



9 HOURS



CIMSPA
ALIGNED

Supporting your players' development off the pitch is a win-win for everyone!

When young athletes explore other interests and skills, they return to the game with renewed **focus, creativity, and leadership** qualities.

These well-rounded individuals become **stronger teammates** and **valuable assets to your club**. Plus, encouraging players to volunteer creates a **culture of giving back**, strengthens **community bonds**, and ensures the **club's future success**.

JUNIOR FOOTBALL LEADERS



The Junior Football leaders award helps young people aged 12+ to take their first steps into becoming a volunteer as a referee or coach. By developing key skills, clubs are enabled to create sustainable workforce pathways.

Learning Outcomes

- Developing skills as a coach.
- Increased awareness of careers in football.
- Preparation and planning for activities and tournaments.
- Safety considerations for sessions and activities.
- Introduction to refereeing.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



CIMSPA
ALIGNED

YOUTH SPORT LEADERS AWARD



The youth sport leaders award helps young people aged 12+ to take their first steps into becoming a volunteer as a young leader. By developing key skills, to plan, manage and evaluate activities.

Learning Outcomes

- Developing skills as a sport leader.
- Essentials of inclusive delivery.
- Understanding careers in sport.
- Safety considerations for sessions and activities.
- Designing activities.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



6 HOURS



CIMSPA
ALIGNED

ACTIVITY ESSENTIALS FOR VOLUNTEERS

This workshop is designed to equip young volunteers with essential knowledge and skills to deliver safe, inclusive, and effective sports activities. Participants will gain a wide variety of games that they can take back to their environment.

Learning Outcomes

- Understand the fundamental principles of sports coaching and leadership.
- Identify key safety considerations.
- Develop effective communication and motivational techniques.
- Plan and deliver engaging and inclusive sports sessions.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



PERSONAL
DEVELOPMENT

INTRODUCTION TO COACHING MULTISPORT



Designed to equip participants with the knowledge and skills necessary to deliver multi-sport sessions, this award will enhance participants' ability to plan, organise, and deliver diverse sports activities, fostering a love of sport and physical activity among young people.

Learning Outcomes

- Implement safe practices and risk assessments in multi-sport settings.
- Adapt activities to suit different environments and resources.
- Understand the importance of inclusivity and diversity in sports participation.
- Develop effective leadership skills to motivate and inspire others.
- Design and deliver engaging multi-sport sessions.



PRACTICAL
WORKSHOP



CAN BE
PERSONALISED



3 HOURS



CIMSPA
ALIGNED

MULTISPORT BOLT-ONS

Add sport specific principals, practices and rules to the Multisport coaching awards to enhance the knowledge of your volunteers.

Sports Bolt-ons include

- Football
- Hockey
- Dodgeball
- Basketball

Ideal for holiday camps and club events!

HAVE A CLUB TOURNAMENT OR CELEBRATION DAY?

MAKE MEMORIES THAT MATTER

**HIRE OUR AWESOME INFLATABLE
GAMES TO ADD SOMETHING
NEW TO YOUR EVENT.**

**CAN BE HIRED INDIVIDUALLY
OR IN ANY COMBINATION.**



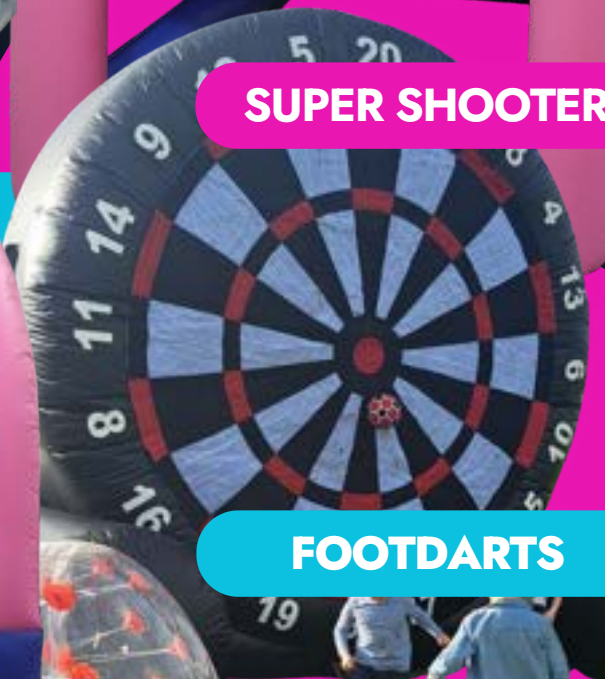
BUBBLE FOOTBALL



SUPER SHOOTER



HOOP SHOT



FOOTDARTS



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