



Ambassador Coaching

Pillar: Healthy Living

When you've earned your badge, you will know what it takes for a coach to be successful.



Ambassador will follow these steps to earn their badge:

1. Begin to outline your coaching strategy. (Discover, Take Action)
 - a. Learn about different coaching strategies from someone who does it. Create a list of questions then interview a coach at your school, a coach that you know, a dance teacher, karate instructor etc. No matter the sport, there is a lot to learn about how a coach/instructor motivates their athletes! You can interview over Zoom, by email, FaceTime or phone call! If you do it in person, mask up and social distance!!
 - b. Make a list of qualities that you believe the best leaders possess. Think about leaders that you admire. Do some research to find out what personality traits helped them to be good leaders. What do you admire about them? How can these qualities help you to be a good coach? Write down ways that you can exhibit these traits. Challenge yourself to recognize when you fall short and how to do better.
 - c. Read this article: <https://www.inc.com/yael-bacharach/five-essential-skills-for-successful-coaching.html> then watch this Ted Talk: <https://www.youtube.com/watch?v=EhRXOs0K6ls> Set a goal about the kind of coach you want to be, then prepare a plan about how you will do it.
2. Conduct a first assessment. (Discover, Connect)
 - a. Choose your focus. Do you want to choose a particular sport, or a particular skill? Do you want to focus on general exercises? Ex. You might assess skills like how many push-ups can be done in 30sec. How far can someone stretch to touch their toes, how fast can they run a quarter mile etc. Your assessment will need to consist of skills broken down into smaller measurable pieces. Write out what you want to assess, where to start, what the goal is and how much time you will give. Write out the cues you will give and explanations you need to be able to tell your athletes what is expected, what they will do, how they will be measured and how you will cheer them on.
 - b. Build you assessment and create your tracking chart. Recruit willing volunteers. Walk them through your plan and ask for feedback. Adjust your plan to clarify things, add or take out things necessary to your assessment.
 - c. Lead your athletes through the assessment and get your baseline information recorded.
3. Design your coaching plan. (Discover, Connect)
 - a. Now construct a plan that will help your athletes improve their baseline information. Based on your goal, how will you work to make your athletes better? What exercises will they do, what drills will they need to work through. How often will you practice and condition? How will you reward your athletes? How will you motivate and inspire them? Determine a beginning date and an ending date.
 - b. Design your own warm-up and cool down routine to prevent injury. Research the stretches both dynamic and static that will help your athletes with their specific tasks. Apply these to your plan. Remember, of your plan, 25% of your time should be a good warm up, 50% should be skills and drills then end with 25% being a cool down.
 - c. Research common injuries for the plan you are working on. Create a small first aid kit, and a plan to address injuries. A Girl Scout is prepared!



4. Put your plan into action—and revise it, if necessary. (Discover, Connect)
 - a. Get your athletes together and talk your plan over with them. Give them a chance to offer suggestions. If you know a coach, see if the coach could critique your plan. Use the feedback that you are given to make changes or improvements.
 - b. Engage your athletes in your plan over time! Begin with your initial assessment above as baseline. Put your plan into action with your athletes. Track progress as you go.
 - c. Reflect after each session about your role as a coach. What was good, how did your athletes react to your coaching style? What can you work on? Where can you make changes to get more from your athletes? Is your leadership style facilitating a team spirit of positivity and fun? If not, figure out how to change what you are doing and saying to make it happen.
5. Attend the big event and make a final assessment. (Take Action)
 - a. Develop your final assessment. Make it fun, make it engaging and make it positive. What aspect can you add that will be inspirational and motivate your athletes to do their best!
 - b. Gather your athletes and coach them through the final assessment recording their progress and achievements. Compare the data to the data collected at the initial assessment. Did your athletes do better? Did you meet your expected goals? Why or why not? Use the information to make your overall plan better! Make any necessary changes and make sure you get feedback from your athletes about their thoughts and overall experience! Use these constructive criticisms along with the accolades to better understand your plan and how you can build on the good while improving what needs work.
 - c. Celebrate! Find a way to reward your athletes and thank them for their participation! Celebrate your success as a coach with the team you built!

When you're finished: Congratulations, you have earned your badge! You can purchase online at <https://www.girlscoutshop.com/AMBASSADOR-COACHING-BADGE>



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