

# Sporting Chance

LinkLiving and Gold and Gray's Soccer Academy are running a unique **8-week programme** combining the personal development needs of young people with health and fitness.

The **Sporting Chance** course starts on **Monday 20<sup>th</sup> of June** and is delivered through group activity every Monday & Tuesday (10am – 3pm). The course will take place at North Merchiston Club, 48 Watson Crescent, Edinburgh, EH11 1EP.

We use physical activity and self-help techniques to support the young people we work with to make changes that matter to them.

The programme is available for young people aged 14-17 years in Edinburgh.

**The aim of Sporting Chance** is to build the capacity of young people to:

- Recognise, understand and manage the challenges they face
- Develop positive behaviours
- Identify and work towards their ambitions
- Increase in confidence and self-esteem

The training includes the following and LinkLiving cover lunch and travel costs:

- The opportunity to work towards and complete SFA Coaching Badges
- Specialist football training delivered by Golden Grays Soccer
- Learning new skills that will support you for the future
- Developing skills to manage stress and anxiety
- 1:1 support

If you would like to book a place or for further information, please contact Link Academy on the details below.

## Sporting Chance - Course Overview: Monday & Tuesday (10:00am – 3:00pm)

Week	Session	Subject	Outcomes
1	20 <sup>th</sup> June AM	Team Building – Getting to know each other	<ul style="list-style-type: none"> <li>Team games to encourage conversation participation</li> </ul>
	20 <sup>th</sup> June PM	Introduction to Golden Grays Soccer	<ul style="list-style-type: none"> <li>Team Values &amp; Leadership Session (football related on-pitch)</li> </ul>
	21 <sup>st</sup> June AM	Setting objectives and personal goals	<ul style="list-style-type: none"> <li>Create action plan for everyone</li> <li>Record outcomes identified by each young person</li> </ul>
	21 <sup>st</sup> June PM	Games Based Approach	<ul style="list-style-type: none"> <li>Various games designed to focus on different aspects</li> </ul>
2	27 <sup>th</sup> June AM	Mental Health – An understanding of mental health, different disorders, and the impact	<ul style="list-style-type: none"> <li>Identifying the symptoms of mental health</li> <li>How to support ourselves and others in our lives</li> </ul>
	27 <sup>th</sup> June PM	Sports Science Testing	<ul style="list-style-type: none"> <li>Assess Fitness Levels and take baseline data (1<sup>st</sup> Team Scientist)</li> </ul>
	7 <sup>th</sup> June AM	Stress Management	<ul style="list-style-type: none"> <li>How stress affects us physically</li> <li>How to recognise when stressed</li> <li>Techniques on how to cope with stress</li> </ul>
	7 <sup>th</sup> June PM	Fitness Circuit – Looking at RPE	<ul style="list-style-type: none"> <li>Creating a fitness circuit based on RPE levels and understanding</li> </ul>
3	4 <sup>th</sup> July AM	Diet, Nutrition & Cooking	<ul style="list-style-type: none"> <li>Eating healthy</li> <li>Meal Prep</li> <li>Food Plate &amp; Food Groups Information</li> </ul>
	4 <sup>th</sup> July PM	Introduction to Coaching	<ul style="list-style-type: none"> <li>Leadership</li> <li>Identify what coaching techniques they would like to learn to teach others</li> </ul>
	5 <sup>th</sup> July AM	Looking After Yourself	<ul style="list-style-type: none"> <li>Self-care techniques</li> <li>Sleep Hygiene</li> </ul>
	5 <sup>th</sup> July PM	Introduction to Coaching 2	<ul style="list-style-type: none"> <li>Coaching Techniques</li> <li>Working with Children</li> </ul>
4	11 <sup>th</sup> July AM	Leadership & Role Modelling  Review	<ul style="list-style-type: none"> <li>How to be a good leader</li> <li>Tips and advice on how to be a good role model for children</li> <li>Review of objectives at halfway point</li> </ul>
	11 <sup>th</sup> July PM	Walking Football & Creating a Tournament	<ul style="list-style-type: none"> <li>Introduction to Walking Football</li> <li>How to manage a festival &amp; tournament</li> </ul>

	12 <sup>th</sup> July AM	Understanding Emotions	<ul style="list-style-type: none"> <li>• How can we handle difficult emotions</li> <li>• VR headset experience (facing fears)</li> </ul>
	12 <sup>th</sup> July PM	Tournament	<ul style="list-style-type: none"> <li>• Play the Game</li> </ul>

Week	Session	Subject	Outcomes
5	18 <sup>th</sup> July AM	Bullying & Discrimination	To look at bullying and discrimination and where to go for support. Potential visit from other agencies.
	18 <sup>th</sup> July PM	Session Planning	<ul style="list-style-type: none"> <li>• Creating a session plan</li> </ul>
	19 <sup>th</sup> July AM	Conflict Resolution Skills	<ul style="list-style-type: none"> <li>• Group discussion on what conflict is</li> <li>• How to manage conflict in a more productive way</li> </ul>
	19 <sup>th</sup> July PM	Media Training	<ul style="list-style-type: none"> <li>• Interviewing and questioning techniques</li> <li>• Filming</li> </ul>
6	25 <sup>th</sup> July AM	Social Media	<ul style="list-style-type: none"> <li>• Impact social media has on mental health</li> <li>• How to have a healthy relationship with social media</li> </ul>
	25 <sup>th</sup> July PM	Coaching Practice	<ul style="list-style-type: none"> <li>• Deliver session to local PS children (P6-7)</li> </ul>
	26 <sup>th</sup> July AM	Self-esteem and confidence building	<ul style="list-style-type: none"> <li>• What affects self-esteem and confidence</li> <li>• Signs of low/high self-esteem &amp; confidence</li> <li>• How to improve self-esteem &amp; confidence</li> </ul>
	26 <sup>th</sup> July PM	Coaching Practice 2	<ul style="list-style-type: none"> <li>• Deliver session to local PS children (P6-7)</li> </ul>
7	1 <sup>st</sup> August AM	Mindset and Perception Day 1	<ul style="list-style-type: none"> <li>• Identity growth and fixed mindsets</li> <li>• How can sport link to your mindset</li> </ul>
	1 <sup>st</sup> August PM	Tournament	<ul style="list-style-type: none"> <li>• Play the Game</li> </ul>
	2 <sup>nd</sup> August AM	Mindset and Perception Day 2	<ul style="list-style-type: none"> <li>• How a negative mindset can impact on our self-belief and confidence</li> <li>• How to make positive changes to mindset</li> </ul>
	2 <sup>nd</sup> August PM	Sports Science Testing 2	<ul style="list-style-type: none"> <li>• Follow up session looking at new baseline figures</li> </ul>
8	8 <sup>th</sup> August AM	Solo talk group one	<ul style="list-style-type: none"> <li>• Young people will present to the rest of the group on how to be a good coach and leader</li> <li>• Demonstrate short coaching session</li> </ul>
	8 <sup>th</sup> August PM	Tournament	<ul style="list-style-type: none"> <li>• Play the Game</li> </ul>

	9 <sup>th</sup> August AM	Evaluation	<ul style="list-style-type: none"><li>• Complete course evaluation, review objectives and outcomes</li><li>• Feedback from course</li></ul>
	9 <sup>th</sup> August PM	Celebration	<ul style="list-style-type: none"><li>• Manager &amp; Player to attend and meet the group &amp; present certificates.</li></ul>