



CHOICE AND CONTROL

Giving young people choice and control is not about giving up the reins as coach completely. It is about giving young people some control over their experience, and recognising that as the coach/leader in the environment, you have authority by default, and how you choose to use it is important.

Here are a few tips:

1

A or B choices

Are there situations where you can provide a limited set of options that kids can choose between?

2

Opportunities to help and lead

Can you create situations where a child can help out and feel they have contributed, even in just a small way?

3

Balance the power

*What can you do to achieve this?
Could you get down onto a child's level so you aren't towering over them?
Could you set up a situation which allows the child to teach you something in return?*

