

Case Study

Theme – Club Development

The Impact of Sport for Confidence on a Multi Sport Satellite Club

Coaches from the Inspire Foundation who work with young people at Jane Lane Special School in Walsall, attended a three session course with Sport for Confidence organised through the Active Black Country Workforce development offer.

After the course the coaches found themselves having not only more knowledge but more importantly more confidence in speaking to their Satellite Club participants.

This confidence was based on newly gained knowledge but also came to fruition in the coaches being more confident when speaking to the young people about their disabilities and the impact that it had on their life in general.

Being able to have these more in-depth conversations with the young people created a better bond between the coach and young people resulting in better attendance. Parents and carers of the young people fed back that they got stuck into coming to the sessions even more, and a genuine enthusiasm for attending shone through.

With this improved knowledge, skill and therefore understanding of the young people, the coach has also been able to identify more suitable exit routes for some of the young people now they have a better understanding of their needs.

“

The conversations moved away from speaking about the activity and was now about the individuals

Participant

”