

(APPENDIX -SSCLS PROTOCOL)

SPORT LIFE SUCCESS (SLS) COACHING PROTOCOL
(Using the Video Game Principle in Sports)

1. IDENTIFY ALL ACTIONS THAT YOU WANT YOUR PLAYERS TO BE COMPLETING DURING YOUR MATCH OR SESSION. THINK ABOUT WHAT YOU WANT EVERY PERSON TO BE DOING AT EVERY MOMENT ON THE FIELD TO MAKE THEM THE MOST PROFESSIONAL TEAM PLAYER.

(THESE ARE ACTIONS WHICH THE PERSON CAN CONTROL THEMSELVES AND EACH ACTION IS VALUED THE SAME. IT IS NOT JUST A FOCUS ON THE PERSON WITH THE BALL – EVERYONE IS IN FOCUS ALL THE TIME AND EVERYONE HAS ACTIONS THEY CAN BE PERFORMING)

2. IDENTIFY HOW MANY OF THESE ACTIONS IN TOTAL YOU BELIEVE WOULD BE AN EXCEPTIONAL STANDARD AND THEN WORK BACKWARDS USING A SLIDING SCALE TO CREATE 4 LEVELS (AS A SUGGESTION) IE BRONZE 10-20, SILVER 21-35, GOLD 36-50, PLATINUM 51+ POSITIVE INVOLVEMENTS
3. CREATE A TEAM LIST WITH ROOM TO RECORD TICKS NEXT TO EACH PLAYERS NAME FOR EVERY TIME THEY DO ONE OF YOUR IDENTIFIED POSITIVE GAME INVOLVEMENTS. (OR DOWNLOAD THE *Sportschoolcamplifesuccessapp* on Google Play to make this easier)
4. AT THE END OF THE GAME OR SESSION, ANNOUNCE AND ACKNOWLEDGE THE LEVEL OF AWARD THE PLAYERS WILL RECEIVE.

(FOR EVEN MORE EFFECT HAVE CERTIFICATES AND PRESENT AT THE END OF GAME, TRAINING OR ON A SCHOOL ASSEMBLY)

KEY COACHING/TEACHING NOTES

- A) DIRECT YOUR LANGUAGE AND EXPECTATION OF SUCCESS AROUND THEIR POSITIVE INVOLVEMENTS/ACTIONS AND AWARD LEVELS.

(THESE ARE ACTIONS THAT THEY CAN CONTROL AND CONTINUE TO IMPROVE ON)

- B) DO NOT FOCUS TOWARD AND DEFINE SUCCESS AS THE GAME SCOREBOARD. YOU AND YOUR PLAYERS CANNOT CONTROL THE ACTIONS OR ABILITY OF THEIR OPPONENTS, THE BOUNCE OF THE BALL OR INTERPRETATION OF MATCH OFFICIALS. THIS IS WHY SUCCESS IS DEFINED BY THE AWARD LEVEL AND TOTAL NUMBER OF POSITIVE EFFORTS/INVOLVEMENTS.

(CHILDREN MATURE MENTALLY AND PHYSICALLY AT DIFFERENT RATES AND NOT ALL AT THE SAME TIME AND AGES – THEY ALSO ARE LESS LIKELY TO BE ABLE TO EMOTIONALLY REGULATE CONSISTENT FAILURE DUE TO THEIR MATURITY – USING SSCLS PROTOCOL WILL KEEP THE PLAYERS HAPPIER AND VALUED)

AS YOUR PLAYERS/STUDENTS INVOLVEMENTS/EFFORTS-OUTPUT INCREASES, THEIR CONFIDENCE GROWS AND THEY ARE ACKNOWLEDGED FOR THAT IMPROVEMENT.

WHAT THE SPORT LIFE SUCCESS PROTOCOL ACHIEVES

1. Significantly happier and more satisfied players/students WIN, LOSE or DRAW (Focus and acknowledgement is now controlled by the player/student's actions that they can control. This allows the coach/teacher to guide them through stepped/challenged achievable success).
2. Players who know how to succeed and to learn to overcome challenges (SSCLSP is designed so that the coach can allow stepped achieved success for the individual. This is instead of children perceiving and feeling immediate failure)
3. Players achieve better sport/activity performance (Due to the coach having broken the sport down to the basic fundamentals and gamifying these fundamentals, the work output of the child increases gradually. This improves the actual activity performance – scoreboard, grade, behaviour.)
4. Increased positive communication/positive relationships occur. Player with coach, player with parent, coach with parent (Every player has had an individual acknowledgement from their coach and feels “seen” and “positively acknowledged and valued” for what they have achieved. Player and parent relationships improve as conversations often now start with “what award, level did you get in the game today?” This is now a positive conversation about what the child actually has done. Not what can be a negative (at least 50% of the time) conversation which just reflects on how good an opposition team may have been). The Coach and Parent relationship is better because the children are happier and more engaged each session/game and the parent can see the positive feedback in the form of the certificates being sent/emailed home.
5. Increased retention and engagement of players (Players/students who are constantly improving and being acknowledged feel more positive. They have more self-belief and will be happier to stay engaged with the team.
6. Increased resilience – (SSCLS is not a case of the generalized, every player wins a prize for participating – all players are acknowledged for the effort the actions that they make. The tiered system allows them to keep progressing and coach to adjust.)
7. Increased positive communication – (Positive communication can be an element which can be measured and acknowledged and is a very valuable for the team having fun. Being publicly acknowledged for this can significantly increase the habit of using positive encouraging language amongst players which lifts the whole team and its supporters)

8. Students and teachers can benefit even when SSCLS is used in a club or school sport. SSCLS when used in club sports, can transition the positive benefit and self-esteem of player/student by having their award emailed to the teacher or school. This can allow the teacher to grow a positive relationship and can match the positive qualities that were demonstrated to achieve the award in sport, to the subject they are teaching.