

# COACHING AT YOUNG LIONS

## COACHES EXPECTATIONS

Coaching delegates at Young Lions is as much a test for the coach as it is for the delegates. It requires strategic thinking, keen observation and judgement, reserves of energy and brutal honesty.

Your primary role is that of an observer, assessor and mentor. This means taking responsibility for a small group of delegates and their development throughout the course of the weekend. This is made easy by the strategically planned intense programme which is full of opportunities to see the young leaders in different situations. Bring something to take notes on that you'll have with you all weekend - this will become your most precious tool as a coach through the weekend as you record their interactions and achievements. You'll thank us for this when you get to the reports on Sunday afternoon!

The weekend sessions are made up of:

## COACHING GROUP SESSIONS

We create space at least twice a day for you to give feedback and practical coaching in an intimate small group session. It's difficult to thoroughly prepare for these sessions as everything may change once you meet the delegates "in the flesh" but it's a good idea to have some things ready to share; leadership principles, lessons from your own life and wisdom from your own experiences.

How do your group interact with each other? Do some dominate and others hide? How's their listening skills?

Maybe ask them to prepare something to share with the group, or lead some prayer time. Are they prepared for this? Did they bring something fresh or repeat something they did a talk on five years ago?

Think about the sessions you've had since last coaching group - what are the principles and learning points that can be applied. Use both positive and negative experiences to learn.

Were they punctual? Do they respond well to your authority?

## YEAR GROUP SESSIONS

Alongside coaching groups there are year group sessions where the whole year group get together for training/input. You will be along side them in these sessions observing and noting your observations down for later coaching sessions.

Are they attentive? Responsive? Engaging? Do they take notes?

How do they hold up throughout the weekend as they get more and more tired? Punctual?

## OUTDOOR SESSION

The outdoor session is always a great way of seeing how the leaders cope under pressure. You won't be expected to "join in" but standing out there, rain or shine can get cold! The positive peer pressure and leadership focused tasks make the session invaluable for coaches to see the "true colours" of each delegate.

How did they respond to the session leaders? How team minded were your group?

Did they look to support each other or become more selfish as the session went on?

Who emerged as the natural leaders?

## ENCOUNTER SESSIONS

Throughout the weekend there are several sessions with all delegates and coaches together where we work hard to create an atmosphere of breakthrough and Holy Spirit power. This involves powerful praise and worship, great preaching and teaching and opportunities for response and prayer. Here you can get a feel of how the delegates might operate as spiritual leaders and their sensitivity to the Holy Spirit in the presence of God.

Are they worshipers? Did they engage with the whole program?

Who experienced a new breakthrough or clarity?

## MEAL TIMES

All meals are provided for and are compulsory for all delegates. Mealtimes are great opportunity for you to sit with your group and see how they interact with others in an ordinary everyday situation. This sometimes shows their ability to be inclusive of others and also their willingness to serve.

Did someone find a table for your group to sit at?

Are they serving themselves or each other?

Clearing plates, rubbish etc.

## OTHER INFO

**The weekend starts with a coaches briefing on the Friday evening** where you will be given more detailed information about the programme and also meet your head of year who has personal experience of coaching at Young Lions and will be your point person for the weekend should you have any questions or need information.

**We have a coaches lounge on site** that you can visit at any time and is full of food and treats, hot and cold drinks and comfy chairs to grab 5 minutes rest. As the weekend is so intense you may only find yourselves in there for a few minutes at a time but it's often an opportunity to meet with the rest of the coaching team which is made up of some of the best Youth Pastors and leaders from all over the UK.

**Before you leave you'll complete a personalised report for each of your delegates.** This is what every Young Lion looks forward to with fear and anticipation! This report will help capture your thoughts and notes in a way the delegate and their leader can sit down and talk through, applying it on the ground where they serve week in week out. Please bring a laptop/iPad as these can be completed online.

**This is not a 'big stage' conference weekend.** The strength of Young Lions is found in the individual attention given to every young leader who has committed themselves to this journey of leadership. We believe, as a coach, you can unlock new levels of growth through encouragement, challenge and importation and we thank you for helping make Young Lions as effective as it is.