



Sports Coaching



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📍 Ghana - Accra

Take your love for all things sports to the next level. Teach everything you know to young people in Ghana who want to learn and love to play!

Assist with training sessions, organize matches with other clubs, and work in tandem with other participants. Local coaches will also be available on occasion, to provide direction for the coaching drills.

From enthusiastic beginner to licensed coach, whatever your background or level of sport coaching knowledge, we have a placement for you!

Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

Many Ghanaian children have a passion for sports. The most popular of these is probably football, but there are many who love anything that gets them running and jumping and keeps them competitive. This is where you come in!

You can share your love for sports and your knowledge about how each game is played to help the local children to raise the bar and step their own game up. There will be tons of opportunities to share your enthusiasm and efforts in a variety of sports, to help local children learn a totally new sport or make improvements in the sport they already love to play.

You can feel free to bring any sort of equipment or teaching aids with you, that will assist with your coaching experience, as equipment may be limited in some placement areas.

Coaching options include:

Football- U12, U14 and U17 are where the vast majority of coaching options exist at local schools, academies and after school clubs. Coaching may require 2 sessions each day, in some cases and there may be matches on the weekends as well.

Boxing- Made popular by local boxing greats that have gone on to represent the country on national and international levels, you will have the chance to provide coaching and share your knowledge of the sport with the next generation of up and coming boxers, at local boxing gyms in Accra area. Most coaching is done in the afternoons which leaves your mornings free.

Golf- Coaches will assist young players (8-17) with mastering their skills and developing their talents. Placements may include a local golf club and nearby schools that are offering programs in the sport. Skilled coaches may even have the opportunity to provide clinics at other golf club locations in Ghana and try out the different courses too.

Tennis- Since tennis is emerging as a sport in Ghana, the current emphasis is on participation and developing an understanding of the basics, so there is no need to worry about high level coaching ability. If you do have the confidence and desire to take these students to the next level, that is all the better! You may have a coaching placement among national youth squads.

Hockey- Here is your chance to be part of the sport that is growing in popularity and being played in many local schools. Your placement may even give you the chance to train with some of the best in the region, as you prepare to coach youth in the U12 and U14 age groups.

Rugby- Bring your passion, enthusiasm and structure to the game of rugby, as you share all you know with locals who share the same passion for the sport. Work with a local Rugby club and schools in the surrounding area to help community youth to take their game up a notch. This may be a ground zero program, where you will need to teach the fundamentals of the sport, emphasize rules and strategies, etc., because very few may be familiar with the sport at all.

Basketball- Pass your knowledge of dribbling, offense, defense, jumpshots and team work to local players eager to learn the fundamentals of the game. Your coaching will help young athletes in the local community to improve their game and train them to be stronger in every

aspect. You may even get to share your knowledge during practice sessions, and scheduled games, alongside local coaches for organized competitive events.

Netball- This is coaching experience may truly be at the grassroots level. Although the facilities may not exist for formalized netball for some local youth, the enthusiasm to learn still does. You can get creative to use what is available to establish the field and then share your knowledge of netball to get the game going. Start with the basics and it is only up from there! You may even have some opportunity to organize training clinics and matches for students in schools (ages 10-16), so that they can improve their passing and shooting skills.

Martial Arts- Introduce the basics and help young people develop their skills, as they practice the martial arts under your guidance. Based upon your own level of skill, you can guide small to large groups of local youth, as they improve through sparring, patterns, kicking, punching, self-defense moves, fitness routines, groundwork, linework and stretching, under your direction.

Athletics- You will coach children and teens in and around Accra at local clubs and schools, helping them to increase their speed, stamina, strength and skill. Many of them have dreams of representing their country on the world stage at the Olympics or other World Championships.

Swimming- Not every child in Ghana has the opportunity to learn to swim, but this could be your chance to be part of something special. You will have a chance to provide lessons on water safety and swimming basics, to help small groups of boys to improve their ability to enjoy their new skill.

Please be advised that the daily transportation costs to and from your program **are not** included and must therefore be paid by yourself throughout the course of your stay. Those costs may range from 2 - 4 Euros per day.

Actual schedules may vary depending upon the program you will be coaching. You can expect to spend 3 or more hours each day coaching. There may also be matches on the weekends when your team is playing or other events that you may want to attend which are related to your sport.

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

- Gain some practical experience for future careers
- Create cultural exchange opportunities through our efforts with the locals
- Develop your teaching skill and become a better coach

Schedule

Monday

- Breakfast
- Introduction
- Lunch
- Introduction
- Dinner

Tuesday to Friday

- Breakfast
- Coaching
- Lunch
- Coaching
- Dinner

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

| | |
|--------------------------------|-----------|
| Minimum age: | - |
| Maximum age: | - |
| Minimum English level: | Basic |
| CRB required: | On Signup |
| Passport copy required: | No |
| Resume copy required: | No |
| Required qualification: | None |

Additional Requirements

It is a requirement that you **MUST** have a yellow fever vaccination and must obtain a certificate as proof. You may be asked to produce this certificate at the point of entry into Ghana and can be refused entry if you don't have one. There may be other vaccine recommendations listed that you may want/need to get before starting.

Additional Equipment

No specific equipment required for this program.