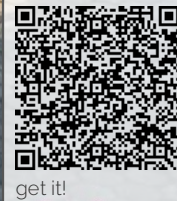




# Sports Coaching



Last updated:  
**2020-08-07**  
A newer version  
might be  
available. Click or  
scan the code to  
get it!

## 📍 Indonesia - Lovina

Join the sports coach program in Lovina and inspire the students to learn, train and continue sports in their lives.

In this program, you will have the opportunity to share your sports skills and knowledge with enthusiastic kids in Lovina in the afternoons. Share the value of sports to physical as well as mental health. Surround yourself with a bunch of enthusiastic kids who will eagerly wait for you to teach them.

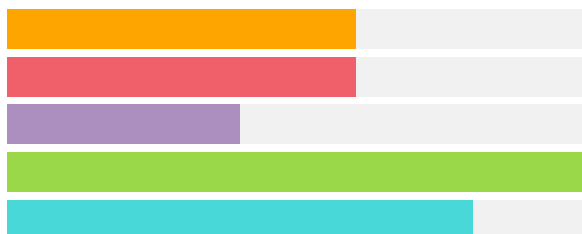
Culture

Learning

Leisure

Community Engagement

Physical Demand



## Program Description

This sports coach program is designed for passionate individuals who would like to join a worthwhile project to teach the kids the value and power of sports. You will have students of various age groups and various levels of skills, who will be ready to learn.

You will have daily lesson preparing sessions until the classes start where you will be able to use your own methods of sports training. With your coaching, you will not only enhance their skills in sports but also you will inspire them to achieve more in life, to be disciplined and even how to face failures and learn from them. It will also be a life lesson for the kids who do not have much but in the future who would strive to achieve greatness for sure.

## Program Duration & Availability

<b>Min duration (weeks):</b>	2
<b>Max duration (weeks):</b>	12

## Aims & Objectives

To inspire the students to engage in sports and to give them a proper sports training while inspiring them to achieve higher in life.

# Schedule

## Monday

8.00 Breakfast

9.00-11.00 Prepare sports lesson and equipment

12.00 Lunch

14.00-17.00 Coaching Introduction

17.00 Meeting & Feedback from sharing

17.30 Dinner

## Tuesday

8.00 Breakfast

9.00-11.00 Prepare sports lesson and equipment

12.00 Lunch

14.00-17.00 Stretching and Coaching

17.30 Dinner

## Wednesday to Thursday

8.00 Breakfast

9.00-11.00 Prepare sports lesson and equipment

12.00 Lunch

14.00-17.00 Coaching

17.30 Dinner

## Friday

8.00 Breakfast

9.00-11.00 Project Meeting and feedback sharing

12.00 Lunch

14.00-17.00 Coaching

17.30 Dinner

**Remark: The teaching plan will be confirmed every Friday. The program can change depending on the activities from the local students, weather and local conditions. The working time will be around 4 hours a day.**

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

## **Starting Dates**

### **During 2019**

Jan 7th	Jan 14th	Feb 4th	Feb 18th	Mar 4th	Mar 18th	Apr 1st
Apr 15th	May 6th	May 20th	Jun 3rd	Jun 17th	Jul 1st	Jul 15th
Aug 5th	Aug 19th	Sep 2nd	Sep 16th	Oct 7th	Oct 21st	Nov 4th
Nov 18th	Dec 2nd	Dec 16th				

### **During 2020**

Jan 6th	Jan 20th	Feb 3rd	Feb 17th	Mar 2nd	Mar 16th	Apr 6th
Apr 20th	May 4th	May 18th	Jun 1st	Jun 15th	Jul 6th	Jul 20th
Aug 3rd	Aug 17th	Sep 7th	Sep 21st	Oct 5th	Oct 19th	Nov 2nd
Nov 16th	Dec 7th	Dec 21st				



# Participant Criteria & Requirements

Minimum age:	18
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

## Additional Requirements

Participants above 65 should have the medical clearance.

# Additional Equipment

No specific equipment necessary.