



girl scouts  
of eastern missouri

# Health • Ambassador Badge Blueprint



## Coaching Badge

**Purpose:** This badge teaches Ambassadors how to be a successful coach.

### Step 1: Outline your coaching strategy.

Do you admire a local coach or athlete in your community? If so, talk to that person for insight on coaching. If there isn't someone local, research a coach who inspires you. How did they get to where they are today? What have they learned along the way? What has worked and what hasn't? Do they have any tips to give you? If you are able to talk to someone face-to-face, go over Steps 2-3 and ask any questions you may have.

### Step 2: Conduct a first assessment.

Find a local athlete or team that you can coach to improve your skills. Create a questionnaire to give to each athlete or team member. When you meet with them, ask where they are in their sport and what goals they hope to achieve. After reviewing the questionnaires, meet with the athlete(s) to set goals and create outlines on how to achieve them.

### Step 3: Design your coaching plan.

With any activity, it is important to stretch before and after training. Design a special warm-up and cool-down for a sport of your choice. Research the best stretches and warm up activities for that sport and put it all together in a unique way. You can even add in some fun team-building games or exercises.

### Step 4: Put your plan into action and revise if necessary.

Ask a coach to come in and watch your coaching session. Ask for advice on your content and coaching style. After the session, go back to your plan and decide what you'd like to keep and what you'd like to adjust.

### Step 5: Attend the big event and make a final assessment.

Meet with the athletes for a post-training assessment. Ask your participants what they learned during their time with you. Do they feel like they met their goals? If not, why? Don't forget to share with them how well you think they did and how proud you are of their accomplishments.

**Congratulations! You have now earned the Coaching Badge!**

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*Remember, girls gain confidence and leadership skills through girl-led activities. Whenever possible, let the girls take charge when completing activities. Adult help is necessary for guidance, support and safety.*