EXAMPLE: S4D Competences as part of a training session





A coach working with youth aims to develop **employability competences**. In one of his training session he is focusing on players' **communication competences** for a better sport performance and higher work capability. The coach chooses **passing competences** as the technical objective as communication is a natural element of passing.

The development of COMPETENCES as part of the whole training:

Introduction

tences.

During the introduction, the coach states the objectives of the training session and the expectation towards the players to focus on the development of their communication tions. and passing compe-

Practical Exercises

The coach gives instruction, encouragement and correction for quality communication and passing in different sport situations.

Reflection

STEP 1: The coach asks the players to give examples when communication had an impact on today's sport activities.

<u>Key questions:</u> When does a player or a team have to communicate to be successful? What different types of communication exist? When does the absence of communication have a negative influence on the activities?

Examples: Calling for a pass from the teammate; Giving instructions to teammates: Warning from an approaching player; Receiving instructions from the coach; Talking and listening to the referee; Reaction to provocation by opponents.

STEP 2: The coach asks the players to give examples when communication is needed during their everyday life.

<u>Key questions</u>: Where and when does a player have to communicate on daily basis? What different types of communication exist? When and where did a player need to communicate to achieve something? Did the communication competences that the players learned during sport activities help them to communicate better in their everyday life?

Examples: Asking the player's mother for permission to go to a friend's birthday party; Negotiating about grades with a teacher; Discussing recreational plans with friends.

STEP 3: The coach asks the players to give examples when communication plays in important role in the workplace.

<u>Key questions</u>: Where and when do employers have to communicate? What different types of communication exist? Give an example of a profession and ask for types of communication within the given working environment.

Examples: A mechanic communicates to the employees and gives instructions about an order from a client; Communication of a salesman with a client to sell a product; Communication between co-workers to coordinate their work to produce a product.

An intentional connection between the development of competences during sport activities and the translation of these competences in daily-life contexts (given example: context of the work environment) achieved mainly through the design of the training activities and also through the facilitation of a reflection with the participants. Delivered as described, experiences gained through S4D training can have furthermore impact on development objectives like gender awareness or prevention of conflicts.

