

# Double Goal Coach

## Setting the Scene

sportscotland is the national agency for sport in Scotland. They work with a range of partners to develop and support a world class sporting structure for everyone in Scotland. By strengthening key elements of the sporting system, including school sport, club sport and performance sport, sportscotland aim to increase participation and progression in sport.

sportscotland provide strategic and operational leadership to the key players involved in delivering sport in Scotland, including local authorities, governing bodies of sports, sports clubs and further education institutions.

Amongst their services they offer high-quality courses and training opportunities to sport participants and people working in sport.

## The Challenge

Since 2010, sportscotland, has promoted Positive Coaching Scotland (PCS) with the aims of improving the performance of young people in school and club sport, making sport more enjoyable and teaching life lessons through sport. Part of the PCS philosophy is the Double Goal Coach method of both striving to win and learning life lessons.

sportscotland wanted to educate a larger number of people in Double Goal Coach.

The target audience for the training was club leader and coaches involved in youth sport in Scotland.

Training on Double Goal Coach was already taking place in a workshop format. sportscotland in partnership with the Winning Scotland Foundation wanted to develop an online module as a cost effective way of reaching a much wider audience. The eLearning needed to provide an interactive learning experience with the key messages brought to life in scenarios that the coaches could relate with.

The screenshot shows the 'Double Goal Coach' eLearning module interface. At the top, the title 'Double Goal Coach' is displayed in a blue header, with a navigation bar containing icons for help, menu, progress, and navigation. Below the title, the subtitle 'Double Goal Coach > Drain the emotional tank' is visible. The main content area is titled 'Drain the emotional tank' and includes a paragraph explaining the concept of the emotional tank. A circular image shows a young girl sitting on the grass, looking thoughtful. To the right of the image, there are two questions: 'How do you think this girl is feeling? And what do you think has happened to cause this?' and 'What effect has the negative feeling had on her? And what effect does her mood/behaviour have on you as the coach?'. A circular gauge labeled 'DRAIN' is positioned to the right of the questions, with a red needle pointing towards the 'E' (Empty) side. Below the questions, a red text box states: 'Avoid: Criticism, use of sarcasm, ignoring effort and use of negative body language.' At the bottom of the screen, there is a page number '28 of 36' and logos for the Winning Scotland Foundation and sportscotland.



## The Solution

eCom's instructional designers worked with the subject matter experts at **sportscotland** to curate and repurpose the existing workshop content into a structure effective for online learning. A range of interactivities were incorporated to engage the learner and get the key messages across.

Existing video resources were incorporated into the module to bring the scenarios to life and quizzes and puzzles are used throughout to reinforce the learning objectives. At key points the learners are directed to additional resources such as the Coaching Toolkit.

The module concludes with a short assessment to test the knowledge gained. Learners

with a satisfactory score can then capture their details to receive a certificate to recognise their completion of the Double Goal Coach training. Learners who don't achieve this score can go back and check their understanding and attempt the assessment again.

## The Benefits

The Double Goal Coach eLearning is aligned with **sportscotland's** objectives of providing high quality training and raising the standard of coaching in Scotland.

They have created a cost effective and accessible training resource for a Scotland-wide audience. Many people involved with youth sport do so on a voluntary basis and fit

coaching around other work responsibilities. Offering training via online learning gives them more flexibility to learn at a time and location which suits them.

The eLearning has been one element in creating a cultural change in youth sport in Scotland and creating more positive sport experiences.



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