



# Coach and Coach

## Overview

**Coach and Coach** is a cooperative circuit that will help students develop leadership skills while improving their technique at various exercises featured on the Functional Fitness Charts. Working in pairs, students travel from station to station in the circuit. While one student performs the exercise on the chart, the other acts as the “coach,” offering constructive feedback on his/her form and technique. The partners then switch roles before moving to the next station.

## Materials Needed

- Selection of Functional Fitness Charts (the number of charts will depend on the total number of students in your class, and how many pairs of students you want to have working at each station at the same time)
- Selection of music and music player

## Preparation

- Choose the Functional Fitness Charts you wish to use. Ensure that your students are familiar with each exercise you choose before using it for this activity.
- Write the range of repetitions that students should perform on each chart.
- Display the charts. Ensure that there is enough room at each station for several pairs of students to work at the same time.

## Suggested Approach

- Divide the class into pairs. If possible, try to match students of equal athletic ability, which will help make the activity more enjoyable for all students.
- Explain how the activity works. Both partners will head to one station. Partner A will perform the exercise at the station, while Partner B acts as a coach, offering constructive feedback on Partner A’s form and technique. They will then switch roles, so that Partner A becomes the coach. When both students have had an opportunity to be the coach at that station, they will move to the next station.
- Before they begin, suggest some things that students should look for while they are coaching; for example, is their partner performing the repetitions at an appropriate speed? Is he/she using proper technique (back straight, core engaged)?
- It may also be helpful to give students some ideas of how to provide feedback in a positive way; for example, telling their partner something he/she is doing well before describing something he/she could improve.
- Send pairs of students to each station, so that students are equally distributed at each station in the circuit.
- Start the music to signal that students should begin. Play music continuously for the duration of the circuit.
- Partner A will perform the exercise first, while Partner B offers helpful suggestions.
- When Partner A has completed the specified number of repetitions, the students will switch roles so that Partner B is performing the exercise and Partner A is coaching.
- When Partner B has completed the specified number of repetitions, the pair can rotate to the next chart in the circuit.
- Each pair will then repeat the steps outlined above.
- Pairs should continue moving from station to station, taking turns being the “coach” until they have visited each fitness chart/station in the circuit.

