



# Coach and Coach

## How It Works

**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

- Write the range of repetitions that students should perform on each chart
- Display the charts. (Use pylons to keep them facing upright)
- Ensure that there is enough room at each station for several pairs of students to work at the same time

## Suggested Approach

- Ensure that your students are familiar with each exercise chosen from the *Functional Fitness Charts*.
- 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.
- Before they begin, suggest some things that students should look for while they are coaching; e.g., 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; e.g., 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.