

Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- About
Mō Mātou
 - [Overview](#)
 - [History](#)
 - [Support](#)
- [☆ 0 Saved](#)

[☆ 0 Saved](#)

 EN 

- [Sign in](#)
- [Submit](#) 



Toggle navigation

[Submit](#) 

Creating an Environment for Youth to Flourish

Theme:
Youth



[Charissa Barnham](#)



This article explores through a coaching lens and various youth development and health frameworks how to create an environment for youth to flourish in sport.

What makes a successful Secondary Coach is a question often asked. Traditional mindsets might have had us answer with the trophy on the shelf, yet when we ask our players, there answers are diverse and often speak to the experience. If our coaching narrative is a singular story (ie trophy), what does that mean for our environments?

In this article, NZ Secondary Schools Netball Coach, Charissa Barham shares some valuable ideas on creating positive sporting environments for our players.

What is the purpose of this article?

- * To raise awareness using different models, to think about coaching the whole person and creating a coaching environment that meets the needs of the whole person. Tools that help coaches identify key elements in knowing your players, connecting your coaching 'why' to meet the needs of your players and tools for self-reflection.
- * Application of the frameworks to contextualise for coaching.

This article was part of a Netball New Zealand Road show workshop series for Secondary School Coaches.

What are the key messages in the article?

- * Coaching Self-Reflection - where as a coach do you currently sit? How is your learning environment motivating you?
- * Understanding your Players: Where are your players currently placed (motivation and the environment they come from)? What are your coaching strategies to move the players over the season?
- * Integrating a Youth Development Model into your coaching.

What impact can these models have?

Providing a framework for coaches to explicitly plan different ways to build a balanced programme for their players, regardless if they are competitive or social.

Moving to a shift to process based coaching vs outcome based coaching can lead to a quality experience for all of our players.

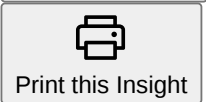
What are the outcomes for women?

This article was developed off the back of Netball New Zealand's Youth Strategy and a national roadshow for Secondary School Coaches.

- * Increasing the knowledge of coaches to understand the needs of young women
- * Shifting the climate young women participate in

Related Links

-  <https://balanceisbetter.org.nz/creating-an-environment-for-youth-to-flourish-as-coach/>









Download Insight assets
For use in your own documents

Was this Insight helpful?




Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL

 Save this Insight

 Print this Insight

 Download Insight assets



[Email this Insight](#)

✕ Close 'Download Insight Assets' modal

Download Insight assets


- [Creating an Environment for Youth to Flourish.pdf](#)
- [Hero Image.jpeg_130KB JPEG](#)

Was this Insight useful?



Similar Insights (32)

[Sport NZ It's My Move: Tools and Resources](#)


 Save insight

Youth

Sport NZ It's My Move: Tools and Resources

By Emma Evans - Sport New Zealand

[Six Years On](#) | [Yeah! Girls NZC](#)

 Save insight

Youth

Six Years On | Yeah! Girls NZC

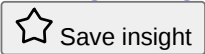
By Jess Davidson - New Zealand Cricket
[Whanake o te Kōpara case study - Dantaye Simpson](#)



Youth

Whanake o te Kōpara case study - Dantaye Simpson

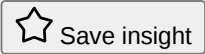
By Merran Brockie-David - Women in Sport Aotearoa
[Thriving Through Sport](#)



Youth

Thriving Through Sport

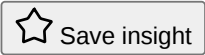
[It's My Move Progress Report](#)



Youth

It's My Move Progress Report

By Emma Evans - Sport New Zealand
[PNGHS “Let’s Move it” programme video](#)



Youth

PNGHS “Let’s Move it” programme video

By Cheycoda Cocks - Sport Manawatu
[Letters from Rangatahi: Olympic Muses and Musings](#)



Youth

Letters from Rangatahi: Olympic Muses and Musings

By Ciccone Hakaraia-Turner - Netball New Zealand
[Move YO - Move, Stretch, Relax programme for young women and girls](#)



Youth

Move YO - Move, Stretch, Relax programme for young women and girls

[Flow on Effect: Anna Peterson talking menstruation and being active](#)

 Save insight

Youth

Flow on Effect: Anna Peterson talking menstruation and being active


[Flow on effect: Sophie Watson \(EONZ\) on how to be a menstrual ally](#)

 Save insight

Youth

Flow on effect: Sophie Watson (EONZ) on how to be a menstrual ally


[Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation](#)

 Save insight

Youth

Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation


[Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet](#)

 Save insight

Youth

Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet


[Governance: Ariana Reweti completes Basketball New Zealand Board Internship](#)

 Save insight

Youth

Governance: Ariana Reweti completes Basketball New Zealand Board Internship


[Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues](#)

 Save insight

Youth

Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues

[IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket](#)

 Save insight

Youth

IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket


[ReSport partners with Sport Northland for the Positive Puberty Participation Initiative](#)

 Save insight

Youth

ReSport partners with Sport Northland for the Positive Puberty Participation Initiative

[Harbour Sport Girls Motion Programme](#)

 Save insight

Youth

Harbour Sport Girls Motion Programme


[Celebrating Champions of Change: Kylie Heihei](#)

 Save insight

Youth

Celebrating Champions of Change: Kylie Heihei

[Team sports help vast majority of young girls feel more confident, says report](#)

 Save insight

Youth

Team sports help vast majority of young girls feel more confident, says report


[Balanced female health handbook for adults supporting young people in community sport.](#)

 Save insight

Youth

Balanced female health handbook for adults supporting young people in community sport.

[Webinar replay: Supporting Sporty Girls for coaches or administrators](#)

 Save insight

Youth

Webinar replay: Supporting Sporty Girls for coaches or administrators

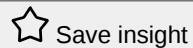
[What’s Your Little One Made Of? Creating a new generation of male allies for girls in sport](#)

 Save insight

Youth

What’s Your Little One Made Of? Creating a new generation of male allies for girls in sport

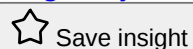
[How Erika Fairweather went from kayaking with dolphins to swimming for gold](#)



Youth

How Erika Fairweather went from kayaking with dolphins to swimming for gold

[Rangatahi just want to have fun!](#)



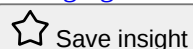
 Young women from the Women's Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

Youth

Rangatahi just want to have fun!

By Robyn Cockburn - LUMIN

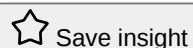
[Managing the Physical Load of Female Athletes](#)



Youth

Managing the Physical Load of Female Athletes

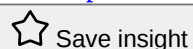
[IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality](#)



Youth

IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality

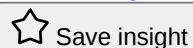
[Make Space for Us](#)



Youth

Make Space for Us

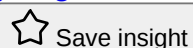
[We're losing kids from sport; but you can change that](#)



Youth


We're losing kids from sport; but you can change that

[IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from 'Breaking the Barriers' \(BTB\) project in Kenya](#)



IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from ‘Breaking the Barriers’ (BTB) project in Kenya

[Developing A Brand For Young Women's Initiatives: HERA Goddess](#)

 Save insight



Developing A Brand For Young Women's Initiatives: HERA Goddess

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck](#)

 Save insight

Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck

By Sarah Leberman MNZM - Women in Sport Aotearoa

[WOTK Alumnae Kylie Heihei - My Leadership Journey](#)





 Save insight

WOTK Alumnae Kylie Heihei - My Leadership Journey

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Twitter](#)
-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >

✕

Close panel

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- ☒ All
- ☒ Leadership
- ☒ Social Change
- ☒ Active Lives
- ☒ High Performance
- ☒ Visibility and Voice

Insight Content Types

- ☒ All
- ☒ Research
- ☒ Case studies
- ☒ News stories
- ☒ Toolkits

Subscribe now >