Sports Coaching/ event management Internship

**Ghana, Accra**

# **Event Football Rugby Cricket Basketball Netball Hockey Tennis Martial Arts Swimming Boxing Golf Athletics**

# **Program Description**

You will be coaching every day Monday to Friday and depending on the sport, there are often matches at the weekends. As the weather can get very hot in Ghana and children are in school in the day, you will generally be coaching early morning or late afternoon.

Session times can vary and you might have 2 sessions a day.

The minimum coaching time is 3 hours a day.

You will be either be coaching in a school, academy, after school club or possibly a national team.

The ages will range depending on the sports that you are coaching but they will generally be ages 10-15.

A lot of sports are up and coming in Ghana so you may be teaching the very basics to begin with. Next to your coaching you will develop and organize sport events. There are a lot of children within the program so expect high attendance. You will prepare with the staff and involved stakeholders.

# **Aims & Objectives**

By taking part in any of our Sport projects, you will be giving opportunities to underprivileged children in Ghana to play their favorite sport in our mass participation programme, which aims at giving thousands of children the chance to play the sport they love the most.

You will leave Ghana really feeling like you have made a difference to some children’s lives by giving them the opportunity, to learn a new sport or to improve on a sport they currently enjoy playing.

We can also offer opportunities for

# **Program participant criteria**

Participants must be at least 18 years old, There is no maximum age. Majority of our interns are between the age of 18-25. Coaching qualifications are not needed however can help. Participants must be a passionate about coaching and be confident to coach large groups of children at once.

**Football**

Your placement will be located a few minutes drive from the accommodation. Basic understanding of the game is what is most needed and the enthusiasm. Interns will mainly be assigned to U12, U14, and U17 depending on the level you want to coach and the experience you have got. At any level be ready to experience amazing performance and a great potential from some these players destined to be High-level players in the future.

Your role will mainly involve running and supervising training sessions and organizing matches with other clubs with the help of local coaches. It is likely you are going to be working with other interns as well but local coaches will also be available sometimes to help in the coaching drills. Be creative and always add new coaching techniques in your sessions. It may take few days to develop a coaching programme that is unique to you and your team though.

**Boxing**

*Thanks to boxing greats such as Ike Kotey and Azumah Nelson, boxing is the second most popular sport in the country. This will be a great opportunity for you to train with renowned boxers and coaches and coach the next generation of Ghanaian champions.*

Your placement is located few minutes’ drive from the central part of Accra surrounded by a number of boxing gyms. It is the same town that has produced countless numbers of great boxers in Ghana and boasts of the fact that every child in the community is a potential boxer.

You will have the opportunity to coach some of the younger generation of up and coming boxers and impart some of your knowledge of boxing to them. Your coaching sessions will be in the afternoons giving you time to train in the mornings.

**Golf**

*Golf is an increasingly popular sport in Ghana and a number of courses have been developed throughout the country. However, while many Ghanaians have the talent to reach a high level in the game, the sport remains limited to tourists and to those that can afford the expensive membership fees. By working on our golf coaching placement you will be able make an important impact to this emerging sport, giving players the chance to reach their full golfing potential.*

Your placement will be based in two areas. The first is at the Accra Golf Club, one of the country's leading courses. The second is in a number of schools surrounding the club. You will be working in the schools and at the club to introduce golf to new players, aged between 8-17 years. The most promising players will be invited to attend a golf academy to undergo intensive training, in the hope that they have the potential to become professional golfers. According to individual ability, interns will be able to work closely with the academy to develop these players. There will also be free time to travel to Ghana's other golf clubs where interns can deliver coaching clinics and try out the courses themselves.

**Tennis**

*As an emerging sport, Ghanaian tennis has yet to make a strong impact on the international stage. However, the standard is steadily improving and the Ghanaian Tennis Association (GTA) is keen to develop the country's younger players. This tennis coaching placement will allow you to work with these players, giving them the chance to have fun and progress in the sport they are most passionate about. You may also have the opportunity to work alongside GTA coaches with some of Ghana's top players.*

The emphasis is on participation and there is no pressure to have any extensive coaching knowledge. The players are keen to take part and, with support from our in- country team and the local coaches, you will soon provide the forum for them to do so. If you have the confidence and desire to pursue them, we have a number of links with the top tennis institutions throughout Ghana. Placements have been secured in the National Tennis Centre and the National Sports College in the capital, Accra. Here you can be placed alongside the top coaches and national youth squads.

**Hockey**

*Over the past few years hockey has grown rapidly, especially through the new government strategy of developing the sport through schools. Hockey is now widely played in most schools in Accra. However, there are many hindrances in terms of proper structure, equipment and coaching. This is a fantastic opportunity to be involved with developing an already growing sport in Ghana.*

Your hockey placement will be based at the Accra hockey stadium, where you mainly coach children in U12 and U14 age groups. You will be in charge of training sessions and organising programmes for your team. If you are brave enough you will also get the opportunity to train with the senior national team This is a fantastic opportunity to learn more and improve your skill and knowledge in the game.

**Rugby**

*Tackle the game at the grass-roots level by coaching and playing rugby with young enthusiastic Ghanaian players in Africa. The passion and talent already exists, but you need to bring the structure of training sessions and matches.*

In this project you will work in two areas.The first is at the Accra Rugby Club (ARC), and the second is in the surrounding schools. Many Ghanaian school children are not familiar with Rugby. However, as with most sports, the children are always keen to try new sports, especially when they have the opportunity to play and learn in a structured environment. By coaching the game and running training in the capital's schools, you will soon identify the committed and talented players. It is these players that the ARC is keen to take into their club and develop to the next level. In addition to coaching, interns will have the chance to play alongside the senior players at the ARC. This is a unique chance to build cultural friendships and experience the strength of the West African game first hand. You will need a good understanding of how to teach the game because many of the children will have never seen it played and will therefore have very little, if any, grasp of the rules. However, with dedication and perseverance, the children are sure to pick it up and prove to be solid players.

**Basketball**

*Pass on your basketball playing, techniques, and coaching skills to keen players in Ghana during a gap year or career break holiday. Play and organize training sessions and competitive games while discovering a breath-taking country.*

If you are involved with a local team, it is up to you as to how much responsibility you feel you can handle. Interns will typically be placed in fun and social sides where you will be able to get alongside your players and simply give them the chance to play as a team. By introducing the basics, that you probably take for granted, you will soon see the young athletes improve their game. You will have guidance and support from the in-country team, as well as local coaches, who will encourage you to take part in training sessions and matches. You will then be able to introduce more of your own ideas and organise your own coaching programmes and tournaments for your team. With our links at the top-end of the game, you can be placed alongside the coaches for the national youth teams. From there, it is up to you, and the ability you feel you have as a coach, to get involved with the development programmes that the GBA run. But don't worry; you are not left to fend for yourself! The GBA coaches and our in-country team will be there to offer you any guidance you may need.

**Netball**

*If you have played or coached netball in the past, and have lots of enthusiasm for the game, you will be able to make a very positive impact on Ghanaian netball, be it at the grassroots end of the game or even at national level.*

Your placement will be in junior and secondary schools where the standard varies and where the coaching is usually lots of fun, non-pressurised and very rewarding. The age groups range from around 10 to 16 years old and the ability also varies. You will therefore help to organise training clinics and matches while also providing decent netball equipment for players to train with. Your players are sure to improve greatly with some structured passing and shooting drills. As Netball is a growing sport in Ghana the facilities can be very basic. Netball courts are often drawn out or made using cones. It is important that you remember that even though facilities might be basic it does not take away from the childrens passion to learn.

You will also have plenty of time to improve your own netball game by training and playing with some of the top local league teams and university teams. And, depending on your ability and motivation, you will even have opportunities to train with the national squad! Not only will playing netball in Ghana be loads of fun and keep you fit during your time overseas, it will also provide a great cultural exchange between you and your fellow netball players. You are sure to leave with close friends and fond memories of your time on and off court.

**Martial Arts**

*The passion and physical skill required for martial arts are not uncommon in Ghana and the international success of Ghanaian born Taekwondo Masters such as Muhktar Kadiri has further cemented the opinion that Ghana can produce some real talent, given the right support and investment. By becoming a martial arts coach in Ghana you can help develop combat sports across the capital and inspire more young people to get involved.*

Governing bodies for Karate, Taekwondo, Kickboxing or Judo in Ghana are keen to expand their martial arts and your contribution can help train young and passionate Ghanaian children who want to pursue the sport in Accra. Your training sessions will be focused on introducing the basics of the sport to beginners and improving the skill and technique of those who already practise martial arts. For many of your students, the training sessions you run are their only opportunity to attend an organised activity and the enjoyment they (and you) will gain from training in Accra is invaluable! Depending on the martial art and your own experience you will teach a variety of skills including sparing, patterns, kicking, punching, self defence, fitness, ground work, line work and stretching.

The school children you will be coaching will be aged 9 to 16 and if you get involved in coaching at a club, your students might be anything from 5 to 25. Both of these environments are designed to promote quality coaching and training amongst children and adults who all strive to be the best they can be. Alongside your coaching hours you can train with some of the best in the field and work towards your own personal goals – an opportunity which is just too good to miss!

**Athletics**

*Coach athletics to children in Ghana and give aspiring athletes the opportunity to train and develop in the sport they are so passionate about. Coaching athletics in Ghana is a fantastic way to experience Africa while sharing your love for athletics with others.*

Our athletics placements are based in and around Accra. As a intern athletics coach, you will be assigned to an athletics clubs or schools in the local community. The athletes are aged between 10 and 16 and vary in talent and experience. You will, however, be surprised by the levels of speed, strength and stamina many of the children possess. Your young athletes will train hard, dreaming of being the next athlete to represent Ghana at the Olympic Games or World Championships.

**Swimming**

Apart from in the fishing communities, where learning to swim is a means to survive, many children never get the opportunity to learn to swim in Ghana. This is the perfect opportunity for any enthusiastic and energetic swimming coaches to give life changing opportunities to some of our football academy boys in Ghana.

Your placement will be based at the volunteer house where you will have full access to the swimming pool. With the children being away at school in the mornings you will have the opportunity to coach young adults in swimming or enjoy some time in schools delivering lessons on water safety. In the afternoons you will be given small groups of boys with varying skill levels in swimming. It will be your task to create a fun and exciting training programme for them, so they can learn the basics of swimming and water safety.