



## PacificSport Backyard Coach

### What is it?

Backyard coach is a program designed to introduce the Fundamental Movement Skills for young children through their parents.

### Who is it for?

Backyard coach is for parents who are interested in learning about Fundamental Movement Skills and their importance for their child's development as a well rounded active person.

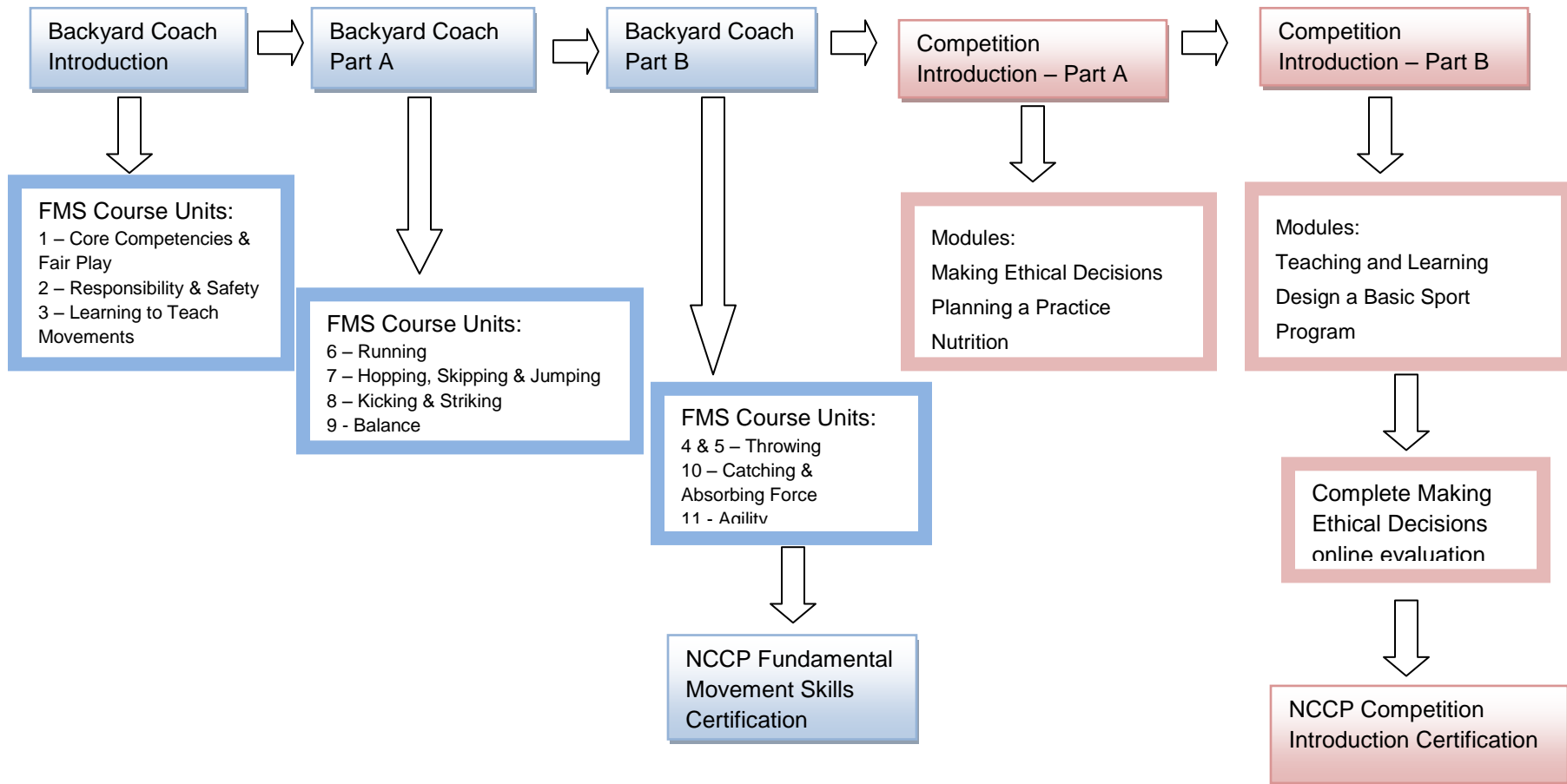
### Goals of Backyard Coach:

- To raise fundamental issues with parents re:
  - Development vs winning – Do we want to focus on how well our children are improving their skills or winning the game?
  - Exceptional kids – How to challenge talented children without pushing to specialization too soon?
  - Exercise and brain development – How physical activity links to enhanced learning?
  - Seasons of play and early specialization – What makes a good athlete? Parents may be surprised to find that more is not always better. How to choose complimentary sports.
- Provide a pathway to further development through the NCCP.
- Assist parents in the development of their child as a well rounded active person.

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## Program Pathway



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