

# WHEN WOMEN COACH

Social Change

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Representation in coaching Awareness-raising, educational programmes and initiatives Young women between 12 and 19 years old

## What is the purpose of the project?

In 2019, a pilot project was started to increase the number of female coaches. The pilot was done with athletes involved in Martial arts and Artistic Gymnastics. The girls were progressively introduced to training, starting with taking the lead for half an hour during the warm-up. Before each class there was a meeting with the mentor coach to revise together the organization of the class, then space was left for the girl to manage the lesson and the mentor did not intervene (unless absolutely necessary), but participated as an athlete. At the end of each training, a debriefing was carried out with the girl on how the lesson was managed, how it was and what could have been done differently. After about 2 months, each female coach started to follow small groups of 3 or 4 people, to practice and improve the technical part.