

"CREATE A GAME"

...a hands on approach teaching the importance of play

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"Play is Where Life Is"

To play or not to play? That is the real question. Shakespeare was wrong. Anyone with a sense of humor can see that life is a joke, not a tragedy. It is a riddle and like all riddles has an obvious answer: play, not suicide.

Think about this for a minute. Is there a better way to handle "the slings and arrows of outrageous fortune" or take up arms against "a sea of troubles" than play? You take these things seriously and you end up with Hamlet or the gang who came back from WWII, wrote Wilfred Sheed, "talking about dollars the way others talked about God and sex."

Neither of these ways work. Neither will bring us what we are supposed to be looking for, "the peace of the world cannot give." That is part of the riddle. You can have peace without the world, if you opt for death, or the world without peace if you decide for doing and having and achieving. Only in play can you have both.

In play you realize simultaneously the supreme importance and the utter insignificance of what you are doing. You accept the paradox of pursuing what is at once essential and inconsequential. In play you can totally commit yourself to a goal that minutes later is completely forgotten.

Play, then, is the answer to the puzzle of our existence, the stage for our excesses and exuberances. Violence and dissent are part of its joy. Territory is defended with every ounce of our strength and determination, and moments later we are embracing our opponents and delighting in the game that took place.

Play is where life lives, where the game is the game. At its borders, we slip into heresy, become serious, lose our sense of humor, fail to see the incongruities of everything we hold to be important. Right and wrong become problematical. Money, power, position becomes ends. The game becomes winning. And we lose the good life and the good things that play provides.

- *Excerpt from Dr. Sheehan on Running (1975)*

HARWOOD UNION HS
Physical Education Program
"Methods in Coaching"

COURSE DESCRIPTION

This course will introduce students to the amazing and rewarding field of coaching and teaching children through sport.

COURSE OBJECTIVES

1. Students will learn coaching philosophies and will develop their own.
2. Students will learn the importance of proper practice and season planning and will create and implement their own practice sessions.
3. Students will learn the various techniques of organizing, managing, and teaching young children within a practice situation.
4. Students will learn the various positive and negative aspects of youth sports and the many theories that relate.
5. Students will learn how to build motivation and confidence in their athletes and themselves.

"CREATE A GAME"

Methods in Coaching

With items chosen, you are to "create a game" that must include the following:

- short set of easy to follow rules
- scoring system
- playing field/boundaries
- creative original name
- rationale for playing (skills to be practiced)

GAME: _____

RULES:

SCORING:

HOW TO PLAY:

RATIONALE:

