




# Sports Coach



**Last updated:**  
**2020-07-28**  
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## Mongolia - Ulaanbaatar

Come travel into this gorgeous open land of Genghis Khan and inspire them with your skills in Sports Coaching.

Ulaanbaatar, the capital of Mongolia offers you all the active energy you will need on this project. Contribute your sporting skills to young energetic children and train them to bring out their best such that they can develop their physical fitness, learn the sport and compete in a healthy way.



## **Program Description**

Sports education plays a crucial role in the lives of the young Mongolians, with wrestling being the most popular sport.

The sports coach project was created keeping these factors in mind and was designed in such a way that your interest in sports, enthusiasm to share your knowledge, and energy could be spent meaningfully on the playground. Children from the nearby community come after school hours and are grouped in teams.

Along with a local coach, you can impart training to these budding sportsmen, give them workouts and at the end of the session enjoy some refreshments with them. We hope someday these young sportsmen will proudly represent their country in an international field. We encourage you to be creative and propose different sports-related activities depending on the students' ages, likes and interests.

## **Program Duration & Availability**

**Min duration (weeks):** 1

## **Aims & Objectives**

The aims and objectives are to help the kids grow in their confidence and develop physically which will help them in many ways in the future.

# Schedule

## Week 1

### Monday to Tuesday

Experience exotic Mongolia, learn basic language skills to communicate with local Mongolian people, get to know about their ancient culture, visit the Chinggis Square and National Museum, and walk through ancient bazaars to capture the sounds, light and colours.

### Wednesday to Friday

On Wednesday, you will start planning the project with the coordinator assigned to you, after having breakfast. Once you plan the project and receive the relevant information, you can have lunch and then leave to work at the school. Once your work for the day is complete, you can then return to the center and attend a meeting where you can provide feedback regarding the first day at your placement.

Your day will begin a bit early. You will be taken to our project site and assigned with teaching sports rules, teach basics of games, show examples of sports, organize sport-related activities, play sports with children, teach respect and fairness in sports. Coordinator support will be around you during the project.

## Week 2 & Onwards

### Monday to Friday

From your second week onwards, a typical day would begin at 09:00. Lunch will be served between 12:30 to 13:00. After lunch, you will continue with your assignment at the school.

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Starting Dates

### During 2019

Jan 7th	Feb 4th	Mar 4th	Apr 1st	May 6th	Jun 3rd	Jul 1st
Aug 5th	Sep 2nd	Oct 7th				

### During 2020

Mar 2nd	Mar 9th	Mar 16th	Mar 23rd	Mar 30th	Apr 6th	Apr 13th
Apr 20th	Apr 27th	May 4th	May 11th	May 18th	May 25th	Jun 1st
Jun 8th	Jun 15th	Jun 22nd	Jun 29th	Jul 6th	Jul 13th	Jul 20th
Jul 27th	Aug 3rd	Aug 10th	Aug 17th	Aug 24th	Aug 31st	Sep 7th
Sep 14th	Sep 21st	Sep 28th	Oct 5th	Oct 12th	Oct 19th	Oct 26th

## Participant Criteria & Requirements

<b>Minimum age:</b>	18
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

Due to the active nature of this program, a decent level of fitness is required.

## **Additional Equipment**

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Casual sports clothing is appropriate during your time at the project.