



# EDUCATION THROUGH CASHBACK



scottish sports *futures*  
Changing Lives Through Sport

**Education Through Cashback (ETC)** is a Scottish Sports Futures training programme combining youth work and sport to enhance knowledge of the ‘Sport for Change’ approach. Six practical and interactive modules develop understanding of working with young people and encourage personal development through sport. The modules are SCQF-accredited, allowing participants to receive tangible recognition for their completion of the programme. Training is flexible and adapted to suit the needs of the group.



## Who is ETC for?

**Experienced coaches, youth workers, volunteers, and other practitioners** looking to increase their knowledge of delivering Sport for Change programmes and understanding of the developmental value of sport and physical activity.

**Young leaders** who are newer to coaching and looking to develop their skills and confidence in delivering activities effectively to a range of young people.

**Young people experiencing challenge**, e.g. at risk of exclusion, low-attainment, who wish to develop skills that can be transferred into everyday life, through participation in practical sessions adapted to their needs.



“SSF are very good at engaging with all people regardless of their ability, confidence, and experience. This makes everyone relax and achieve during workshops.”





# ETC Modules

## Working with Young People in Sport

The first module offers an introduction to understanding young people and the role of the coach.

## Human Connection

This module aims to develop awareness of the importance of building relationships and the 'human connection' as part of effective coaching.

## Planning Effective Physical Activity Programmes

This practical module utilises Kolb's learning cycle (Plan – Do – Review) to explore the benefits of sport and physical activity and planning effective outcome-based programmes.

## Communication

A practical module building understanding around the use of communication in sport and its applications beyond.

## Goal Setting

A practical module building understanding around how transferable goal setting skills can be developed through participation in sport.

## Conflict Resolution

This module will build on themes introduced in 'Working with Young People in Sport', to provide participants with practical tools for dealing with conflict, aggression, and challenging behaviour in a sports setting.

## How to arrange a session

Scottish Sports Futures will work with partners across the country to organise ETC sessions where requested. If you have a group that you would like to arrange a session for, or would like further information, please get in touch.

 [etc@ssf.org.uk](mailto:etc@ssf.org.uk)

 0141 218 4640

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“ETC deliver fantastic modules with exceptional tutors.”