



STEP Curriculum Session Plan- Listening

Focus: Enhancing listening skills in an inclusive sports environment

Duration: 60 minutes

Coach Focus: Observing and reinforcing listening behaviours

PACER Mosel: The PACER model... Plan, Approach, Coach, Environment, Review, is a simple but powerful framework that helps coaches design purposeful sessions, deliver them effectively, and reflect on their impact to support player development and consistency across our Charity.

Plan

Things to consider:

- Who are you coaching today? What are their listening strengths and challenges?
- What does “listening” look like in your sport or activity?
- How will you make listening visible and measurable in your session?

Intention: To develop participants’ ability to listen actively and attentively, improve verbal and non-verbal communication in team settings and encourage reflection on how listening impacts performance and relationships.

Approach

- How will you introduce the importance of listening at the start of the session?
- What tone and energy will you bring to model good listening?
- How will you layer the activities to build listening progressively?
- Coach the curriculum built on PYD.
- Encourage peer to peer reflection to build ownership and confidence.
- Learn about each young person as an individual.
- Show genuine interest in their lives beyond sport.
- Provide consistent support and encouragement.
- Be a positive role model.

Coach

Session Breakdown:

1. Welcome & Warm-Up (10 mins)

- **Activity:** Circle warm-up with dynamic stretches.
- **Listening Focus:** Coach gives instructions using varying tones and speeds. Participants must follow without visual cues.
- **Coach Tip:** Notice which players are tuning in to your voice and which ones are copying what they see.

2. Listening Relay (15 mins)

- **Activity:** In pairs, one participant is blindfolded while the other gives verbal instructions to navigate a simple obstacle course.
- **Listening Focus:** Emphasises clarity, tone, and trust in verbal communication.
- **Coach Tip:** Debrief with questions like ‘What made instructions easy or hard to follow?’

team for life

3. Team Challenge, Silent Strategy (15 mins)

- **Activity:** Small teams plan a strategy for a mini game but must do so in silence. One person then explains the strategy aloud.
- **Listening Focus:** Encourages active listening and interpretation of non-verbal cues.
- **Coach Tip:** Highlight how listening includes body language and facial expressions.

4. Game Play with Listening Rules (15 mins)

- **Activity:** Modified team sport, where players must respond only to verbal cues from teammates (i.e. no pointing or gesturing).
- **Listening Focus:** Reinforces listening under pressure and in real-time decision-making.
- **Coach Tip:** Pause play to reflect on missed cues or successful communication moments.

5. Reflection & Cool Down (5 mins)

- **Activity:** Guided cool-down with reflective questions.
- **Questions:**
 - “When did you feel most listened to today?”
 - “How did listening affect your performance?”
 - “What will you do differently next time to listen better?”

Environment

- How have you created a space where listening is valued and safe?
- Are distractions minimised to support focus?
- Is the session inclusive and accessible for different communication styles?
- Did you adapt activities for different skill sets?
- Did you celebrate achievements?
- Did you praise effort over outcome?

Review

Coach Reflection Prompts:

- What worked well today and what didn't? Why do you think this is?
- Did participants show improvement in listening throughout the session?
- How did listening affect team dynamics and performance?
- What strategies helped reinforce listening behaviours?