

# Developing Young Coaches in Cowley Hill & Waltham Cross



Through the Active Local programme in Cowley Hill and Waltham Cross, Herts Sport & Physical Activity Partnership (HSP) partnered with Hertfordshire Football Association (Herts FA) to provide young people with access to a recognised coaching qualification. By removing barriers to participation, the initiative

created opportunities for 12–16-year-olds to take their first steps into coaching and develop valuable skills through sport. Delivered at Borehamwood Youth FC in Cowley Hill and Goffs Churchgate Academy in Waltham Cross, the Junior Coaching Award introduced young people to the fundamentals of coaching,

including; planning activities, teamwork and leadership. Through practical sessions and group work, participants built confidence, communication and leadership skills, with more than 40 young people taking part across both programmes. Many were inspired to continue their coaching journey within their schools and clubs.

## More Than Just Coaching

- Participants progressed into volunteering and leadership roles after completing the course
- Strengthened partnerships between local schools and clubs
- Increased local coaching capacity within the community
- Created pathways for young people to stay involved in sport
- Developed transferable skills to support future education and employment opportunities



“I was grateful to the Active Local team for giving our Level 3 Sports Leaders the opportunity to take their first steps into football coaching through the Junior Football Coaching Award. The coaches from Herts FA were highly engaging and helped students build skills and confidence in delivering football coaching sessions.”

Mr Richard Ashdown  
Head of PE at Goffs Churchgate Academy

