

Sports Coaching Programme

Objective: The objective of this programme is to provide local children of our community with free access to structured sports and recreational activities. Through this initiative, we aim to encourage healthy lifestyles, build teamwork and leadership skills, foster cross-cultural exchange, and create a safe and positive environment where children can develop physically, socially, and emotionally regardless of their economic background.

Background: In Sri Lanka, children in rural areas, often have limited access to organized sports programmes and recreational opportunities. Many rural schools lack proper playgrounds, equipment and trained instructors. In many cases, one teacher is responsible for managing large groups of students with very little support for physical education and youth development activities. These challenges greatly reduce opportunities for children to engage in sports, physical fitness, teamwork, and structured recreational activities that are essential for their overall physical, social, and emotional development. Despite these difficulties, there is strong interest from both children and parents for greater participation in sports and community activities. To address this need, it is important to create inclusive and accessible sports programmes supported by dedicated and compassionate volunteers and local coaches who can provide guidance, encouragement, and positive role models while fostering cross-cultural exchange and community engagement.

Target children: This project will cater to local students aged 9 to 14 years, living in rural areas in and around Galle to enhance their sports and wellbeing. Focus will be on children who don't have much access to structured sports activities in their day-to-day lives.



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What our volunteers do on the Project

Participants will actively participate and support sports activities for children of different ages and skill levels, working closely with local coaches/ instructors to deliver engaging and inclusive sessions. Activities are typically conducted in the afternoons for 2.5– 3 hours per day, with additional time dedicated each week for planning games and recreational exercises. Volunteers will often work with smaller groups to provide individual attention and encouragement. Our coordinators will accompany volunteers to the project site and provide guidance in planning and conducting activities along with local instructors.

A regular week in this project consists of;

- 2 days of football coaching
- 2 days of guided swimming lessons
- 1 day of Community-based outreach programs involving the local community (e.g., football games in local schools or rural villages) OR special activities at  Community Centre to teach the children more about sports including watching videos, documentaries, etc.

Sessions are designed using fun, activity-based approaches that keep children actively engaged and motivated. The programme also includes fitness exercises, team-building activities, leadership games, and basic health and wellness awareness to support children's overall physical and social development.

This programme is ideal for energetic individuals who enjoy working with children, active in sports and are passionate about contributing positively to the growth and wellbeing of the children. Volunteers should be patient, enthusiastic, adaptable, and able to create a supportive and encouraging environment for the young participants. In addition to supporting the local community, volunteers will have the opportunity to experience Sri Lankan culture and traditions firsthand, creating a meaningful cultural exchange for both the volunteers and the children involved.



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Required Documents

1. Updated CV or Resume
2. Motivation letter describing personal background and rationale for volunteering
3. Copy of passport
4. Police background check

This project is a good fit for anyone who is keen to help children develop their skills and has a passion for sports. Prior coaching experience, while helpful, is not required.



Other Information:

- **Capacity:** Maximum of 8 participants at one time.

Project Availability: Project is fully available during the following periods.

5th September to 5th December 2026

9th January to 3rd April 2027

3rd July to 4th December 2027

- **Arrival & Departure Days:** Saturdays
- **Nearest Airport:** Colombo Bandaranaike International Airport
- **Project Workdays:** Monday to Friday (weekends are free)
 - Minimum Project Duration: 1 week
 - Maximum Project Duration: 12 weeks
- **Age Requirement:** Between the Ages of 16 to 45 years
- **Location of project:** Football coaching is conducted at an indoor playground on astroturf, Swimming lessons are given in an outdoor swimming pool in the neighbourhood. Special activities can be in various destinations like local schools in and around Galle and also at  freepackers Community Centre.



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Meals Provided: 3 freshly cooked meals every day (breakfast + lunch + dinner)

Support Provided: On arrival, a detailed orientation and training is provided, including health and safety training, culture training and an area orientation tour around Galle. Our project coordinator provides project- specific training and acts as a bridge between the volunteers and instructors, as appropriate. Alongside assisting participants with session planning, guiding them on the specifics to follow each day and conducting regular meetings with them to monitor progress. Local transportation to and from the project is included every day. Every activity, be it project-related or operational, is supported by our experienced local team.

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Recommended Attire: An appropriate sportswear needs to be adhered to while at the project. For swimming coaching, while in the water, volunteers are required to wear rash vests or other full-length t-shirts along with shorts, over standard swimwear or a full-body swimsuit.

For football coaching, jerseys or t-shirts, shorts or track pants, and suitable sports shoes are preferred. Astro turf shoes are recommended for indoor practices and AG shoes for outdoor play areas.

