

# PD ASSIGNMENT VOLUNTARY WORK

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# WHAT ARE THE AIMS OF THE ORGANISATION?

- ▶ I have finished my 15 hours of voluntary work with the special needs team of Tarxien Rainbows Football Club.
- ▶ It was the first club in Malta that introduced this training programme.



# WHAT IS THE DAILY ROUTINE?

- ▶ They meet for training twice a week every Thursday and Saturday.
- ▶ Sometimes they make a friendly with other teams but it very rarely.



# HOW IS THE WORK DIVIDED?

- ▶ It is divided by two Coach Marco and the Assistant Coach Kevin.
- ▶ And sometimes even a parent helps them.



# WHAT ARE THE STRENGTHS AND WEAKNESSES OF THE ORGANISATION?

- ▶ The strength is that both coaches have control and a lot of patience with the participants.
- ▶ The weakness is that sometimes the team has too many participants and they at times have some difficulty to control all the situations that crop up and they would need some other coaches or other helpers to give them a helping hand.



# MY COMMENTS ABOUT THE PLACE

- ▶ As a football pitch I didn't like it so much as it is not in a good condition and one can easily get hurt when running (not the actual football ground shown in the picture).
- ▶ As a club I never had any problems and when I told them about this assignment they were thrilled that I chose them and their team.



# WHY DID I CHOOSE THIS PLACE?

- ▶ I chose this place and team as I know that the coaches needed some help for training sessions for about 20 to 25 players.
- ▶ It is also near to where I live.



# WHAT WAS MY ROLE?

- ▶ My role was like an “Assistant Coach”.
- ▶ When the Coach setup small groups to carry out drill exercises, we would go around the groups and support these participants in the exercises given and see they were carried out correctly.



# HOW DO I FEEL ABOUT DOING VOLUNTARY WORK OVER THERE?

- ▶ It was a great experience and although the 15 hours passed so quickly, I am still going to help them as they need a lot of help.



# HOW DO I THINK MY HELP AFFECTED THE ONES OVER THERE?

- ▶ Carrying the necessary equipment and sport apparel.
- ▶ Bring back the balls that these players shoot while they are doing exercises.
- ▶ Help in keeping some order (as some of them go on their own playing).
- ▶ Give these participants the necessary individual attention.



# WHAT DID I LEARN FROM SUCH AN EXPERIENCE?

- ▶ You need a lot of patience.
- ▶ Dedication.
- ▶ I learnt that these children have nothing less than other children and with sport activities they should be included in the other official junior teams.

