

THE HOW TO COACH SKILLS



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1. BUILD RAPPORT

- 1 Show interest in and respect for each participant and others
- 2 Smile and make eye contact with each participant
- 3 Learn and use participants names
- 4 Coach the person rather than just the sport

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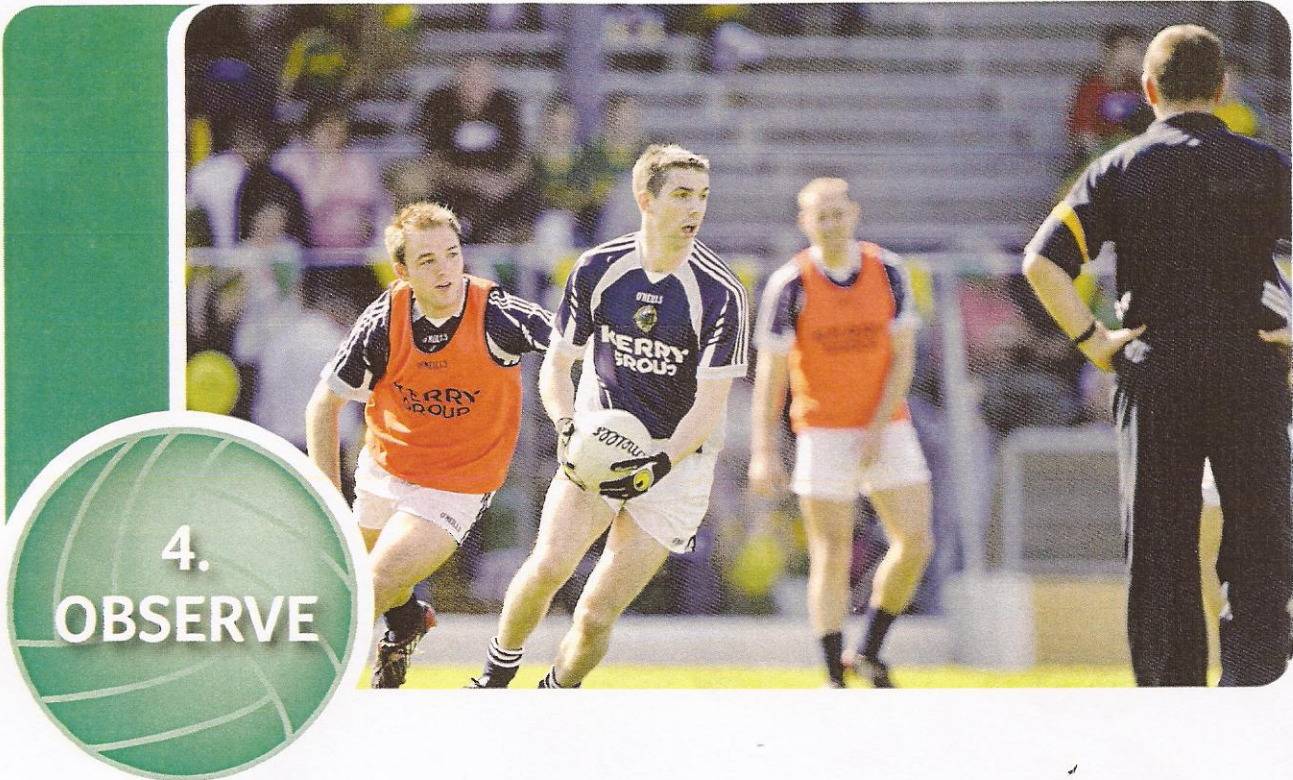
- 1 Position so all can see and hear
- 2 Provide correct demonstration then focus attention on 1-3 key points
- 3 Provide demonstration more than once from different angles
- 4 Check for understanding before they go for practice

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- 1 Plan what to say
- 2 Gain attention before starting
- 3 Keep it simple
- 4 Use questions to check for the players' understanding

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- 1 One point at a time: head, hands (Hurley) and feet
- 2 Observe each participant from different angles
- 3 Observe each participant several times
- 4 Check if the activity is working

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- 1 Compare your observation with your picture of good practice
- 2 Identify the matching key points
- 3 Identify the mismatching key points
- 4 Decide whether to reinforce, modify or note but take no immediate action

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- 1 Ask 'what did you notice about...' to promote self-analysis
- 2 Limit information to 1-3 key points
- 3 Give specific, simple information in a positive way
- 4 Check for understanding: 'what will you now do?'