

## The Assets of an Effective Sports Coach

To operate effectively and efficiently, a good coach:

1. Improves players enjoyment of their involvement in the sport according to their needs and expressed wishes. Does not impose own ideas and goals onto any player.
2. Is able to improve aspects of player performance. This may well be with players who compete at a higher level than the coach.
3. Is a patient and careful observer. Will be able to analyse player performance to select the particular aspects to work on.
4. Adjusts approach and methods according to players' desires and needs
5. Provides a resource in waiting for players, and does not initiate offer to coach
6. Generate thought in players as to how they themselves can improve and develop
7. Has a sound and up-to-date knowledge of the sport in general in all aspects
8. Shows an interest in new methods of coaching and playing as may be introduced from time to time
9. Is willing to try out new ideas and bring these into own methods as appropriate
10. Shows a good sense of humour
11. Allows the pace of progress to be guided by the player
12. Takes (seeks out) appropriate opportunities to learn from other coaches, within and outside any particular sport specialism
13. Seeks to broaden personal coaching experience in different environments and with a variety of learner groups
14. Has the personality qualities to be able to establish sound working relationships with players
15. Approaches coaching in a planned and methodical manner, establishing mutually agreed aims and clear objectives, then setting out a programme which is guided by this and effective in achievement.
16. Shows flexibility and ability to adapt as circumstances may change within the planned programme
17. Is able to create an intrinsic motivation within the player and a desire to stay involved and maintain progress
18. Establishes clear and correct techniques with the player, which become habitual and internally embedded, thereby enabling the player to fall back on these as reminders whenever required in future, and when the coach is not present
19. Over time, develops a resource of ideas and equipment which can provide variety and maintain fresh interest in the coaching sessions
20. Shares ideas with others in the sport especially fellow coaches
21. Listens to constructive criticism of own practice, seeks feedback and gives thought to this
22. Always considers that the welfare of the player is at the core of the process and must be the prime consideration
23. Be friendly and approachable, ready resource as required, but establish barriers which designate personal time for coaching activities. A coach cannot be constantly on active duty.