



Coaching 101

As coaches, we have all taken NCCP courses whether under the Old Level 1 & 2 or under the new Community Coach or the Competition to Introduction. Through Professional Development, we would like to add a new program we have entitled Coaching 101. In this first instalment, we want to look at your role as a coach along with some communication tips that hopefully will help you in the future.

We as coaches, know that one of the more demanding roles you will face, is your team line-up. What do I need to know about my team, how can I make my team a winner? There are many options to you as a coach when it comes to making up a line up and, unfortunately, there is no right or wrong way. We have asked many coaches their thoughts on this and, in the second half, you will see what their thought process is.

Role of a coach:

The role of the coach is not just coaching. Your role as a coach consists of:

- instructor
- assessor
- mentor
- friend
- facilitator
- demonstrator
- adviser
- motivator
- organizer

To be a coach there are three **verbal communications** you must master to be successful:

Consistency

- Don't send your players mixed messages by telling them something today and then two days from now contradicting yourself.
- Players must trust your words - keep your tone consistent "do not have a sarcastic tone when relaying a message".

Honesty

- Be honest with your team in a positive way.
- A good team knows when mistakes are made so don't try to ignore them - if you do, then you may lose your teams respect.
- Correct mistakes in a positive way.

Be Concise

- Don't speak to your team unclearly.
- Think through what you want to get across ahead of time and deliver your thoughts in a clear, concise manner.
- Don't go off on tangents and bore your players with unnecessary talk- get to the point.

Three *non-verbal communications*

Facial Expressions

- Be aware of how closely your team pays attention to what your face is “saying”.
- Don't be a phony by trying to hide what you really feel with a fake smile.
- A simple smile can do wonders for a struggling player.

Body Language

- Present body language that represents enthusiasm, class and character.
- Don't have a scowl on your face and look angry all the time.
- Body language can also be in the form of a high 5 or a pat on the back - just stay ethical.

Listen

- You need to pay attention to your players. You need to focus on really seeing and hearing your players signals - both verbal and non-verbal. If your players keep hearing you say “What was that?” - you are in trouble and you need to work on your listening skills in a big way.