

COACHING EFFECTIVELY

PLAYERS WILL BENEFIT MOST FROM HOLISTIC PROGRAMS



CONFIDENCE

- Support, encourage and value your players so they develop self belief & self worth
- Build an environment where failure is acceptable. Avoid criticism of your players for failing
- Build every player up – positive encouragement instead of criticism is the key



CONNECTION

- Develop an environment where every player creates positive bonds & social relationships
- Ensure every player feels valued by you, each other & everyone in the club.
- Build & create environments that have high levels of trust
- Foster an environment where every player develops a love & connection with the game



COMPETENCE

- Create an environment that helps every player develop current skills & learn new ones
- Structure your training sessions to include activities that are match like scenarios
- Make the experience about every player, not the coach
- Focus on helping every player develop their skills and an understanding of the game



CHARACTER

- Ensure your environment & behaviors reflect a respect for the sport and the spirit of the game.
- Help every player develop traits of care and integrity
- Have honest conversations about making good choices and showing appropriate consideration for everyone involved in the game
- Be a positive role model for your players and your program

