

COACHING TIPS ✓✓✓

So YOU want to become a better COACH?

1. If it isn't broke, fix it anyway

Always look for better ways to do things. Make your good teaching methods even better. The best coaches are generally the best students and never stop learning. When we cease to improve, we're become extinct.

2. Plan your work, work you plan

Organisation is at the heart of good coaching. Know what you are going to coach, how you are going to coach it, when you'll coach it, to whom you're coaching and why you're coaching it.

3. The K.I.S.S. formula

"Keep it simple, stupid!" Our jobs as coaches are to "trim as much fat" as possible off what we coach. Be specific in terms of coaching only things players will do in competition.

4. Build on rock, not sand

Teach the basic skills first and build progressively to those that are more difficult and challenging. As in building a house, it's the foundation that allows it to withstand the storms that come along.

5. Have a vision for your players

What do you see for your players individually and your team collectively? Paint a picture of what they can become. Don't underestimate the value of salesmanship in effective coaching.

6. We remember best what we see

Players are better visual learners than auditory learners. Demonstrate the correct technique while explaining it.

7. Get to the point

Keep your explanations and demonstrations concise. Be specific. What's the attention span of your players? Don't overwhelm them with too much information.

8. Say it once, do it ten times

Players learn best by doing. Repetition is the mother of learning. 'Practice makes it permanent'.

9. Don't just do it, do it right

Demand quality execution from your players. Repetition alone is not enough, its quality repetitions that count. Doing things right requires discipline and mental toughness on the part of both the player and the coach. Coaches must recognise excellence in the performance of players. Develop good habits.

10. Teach on the run

Once the techniques have been explained and demonstrated, correct and instruct your players as they are doing it. Avoid stopping the group to instruct one player unless it's something everyone can benefit. If needed take the player aside and explain.

11. Don't blame the lemon on the workers

If things aren't successful, evaluate. How can you do a better job with your players? Ask another coach to evaluate your practices or competitions and be open for criticism. Listen to your players, as it's amazing what you can learn from them.