

# Coaching Package

To become an effective coach there are 7 areas to learn about and work to in creating the team and players you desire

**Behaviours:** Behaviours are actions that people take which originate from their mindset. Sport revolves around two main mindsets, that being of either a Learner & Improver or a Needy Person. One has to encourage the Learner & Improver at the same time as controlling and manipulating the Needy Person to become a Learner & Improver

**Information Field:** Everything is a form of information field and in sporting terms it is all the information that is known and yet to be known about your sport, and it is why one keeps learning

**Code:** Is a set of instructions that take form within the information field that constitutes your sport. The code for sport revolves around how you want to play the game and how you want to develop the players, which includes the skills, techniques and tactics and also how one structures and organises their practices

**Patterns:** Everything has patterns and they are events that keep reoccurring and so it is with playing sport, from the ebbs and flow of games, to the structure one plays and to the areas that one moves to in relation to the ball and the opposition in both attack and defence

**Fitness:** Though fitness forms part of the code it is such an important area in sport that it requires its own section, because the fitter you are, the better you can play and recover. There are two sides to fitness and encompasses both the body and the mind. Mind fitness revolves around mental toughness and mental toughness is achieved through discipline and repetition with self-discipline being the best discipline and most effective of all

**Playing Zone:** Those times where the ball appears larger, the gaps appear bigger, times appears to slow down, and one appears to have an abundance of energy and not feel tired and its learning the process for getting into the playing zone to raise one's performance to an optimum level

**Making It Happen:** If you want to make things happen one has to know, understand and apply the Hermetic Concept of do you Care Enough or have the desire to take Action in what you want to achieve and acquire the Knowledge to make it happen and also understand and study the Hermetic Principles of Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause & Effect, Gender and Care

Ultimately everything is about increasing your knowledge, taking action and understanding the power of thought

To obtain more information on coaching visit,  
[www.beawinningcoach.com](http://www.beawinningcoach.com)