

Coaching Principles

Philosophy drives the Knowledge
Psychology combines the Two

Psychology for Sport is broken down into 2 areas:

General
High Performance

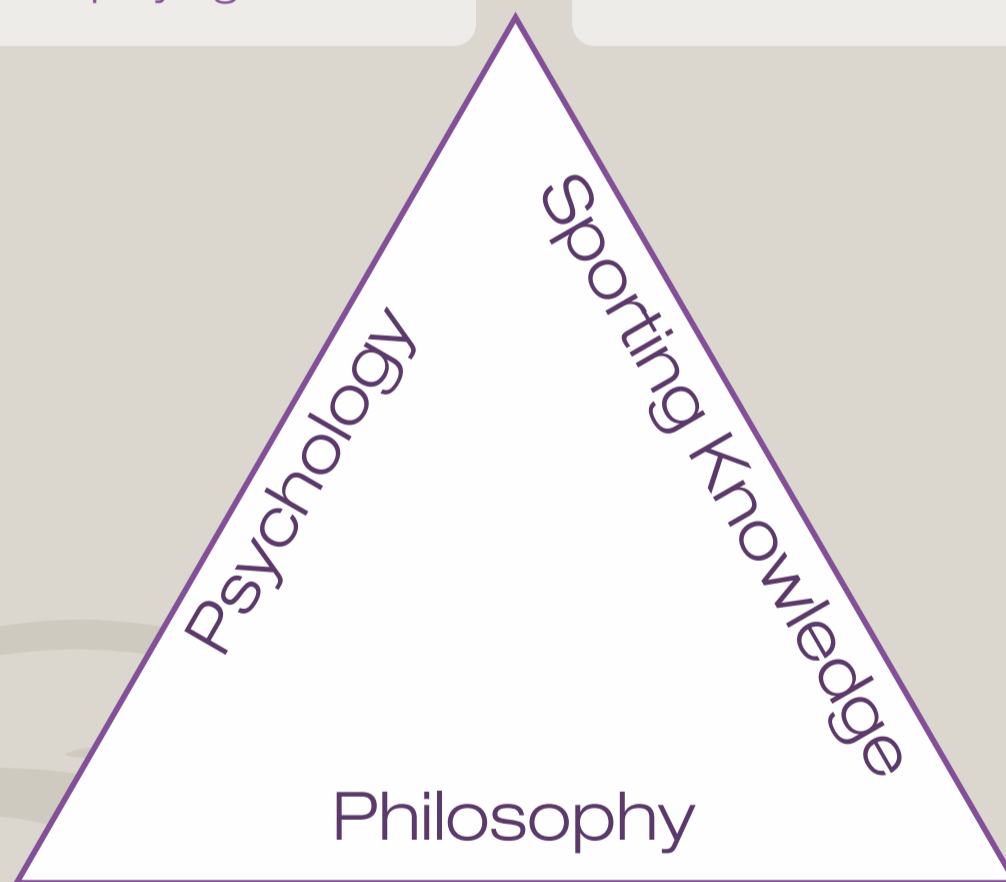
General Psychology is the day to day stuff and revolves around understanding Needy People

High Performance Psychology revolves around getting into the playing zone

Sporting Knowledge is the

Skills
Techniques
Tactics
Fitness Components
Way one trains

To achieve the game developed in the coaching philosophy



Coaching Philosophy is the

Beliefs
Ideas
Concepts

About how the game can be played
And how players can be developed

To obtain more information on coaching visit,
www.beawinningcoach.com