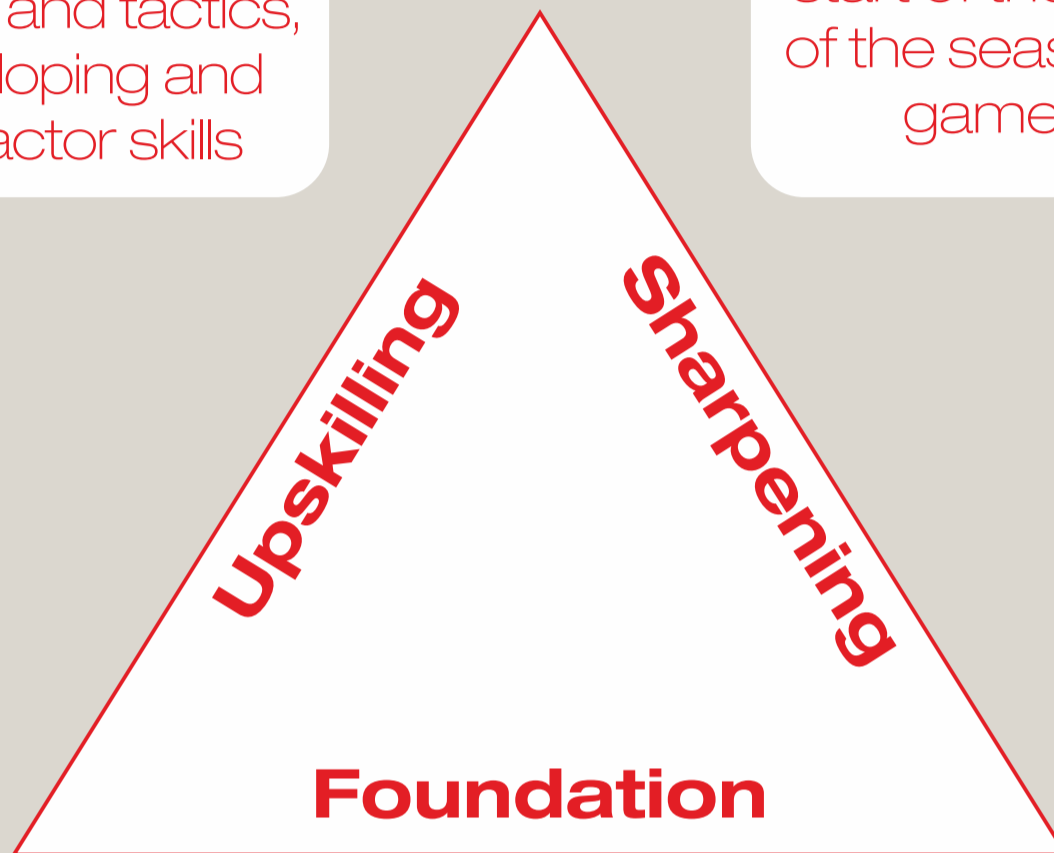


Coachings Foundational Base

Upskilling is where as a coach, one improves their athletes and players over time and is where one develops the key skills, techniques and tactics, as well as developing and honing the x-factor skills

Sharpening is how and where one prepares their players and athletes for the start of the season, the end of the season and all the big games in between



The foundation revolves around 4 key aspects, they being:

- The creation of a Learning Environment
- Having good strong Body Position & Techniques
- With team play, some form of Playing Structure
- And how one moves a ball or object around the playing area

As a coach, most of one's time in developing players will be spent in the upskilling phase, though without an understanding of the foundation and sharpening aspects, results will not come as readily

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