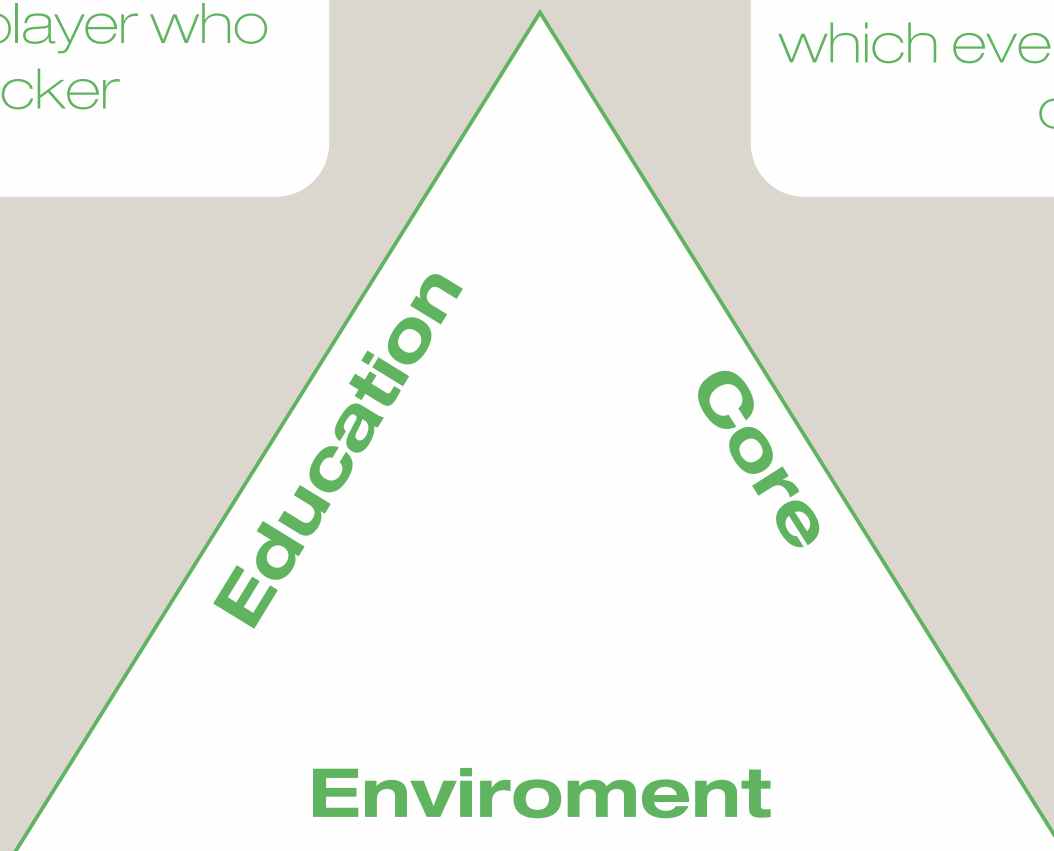


# Grass Roots Coaching

Grass Roots Coaching is about building a solid foundational base into one's players and athletes

A Coach must be able to activate the players ability for Self-Education, because a player who is self-motivated is a player who learns quicker

Everything has a core, and for sport it will be those 7 – 8 skills and techniques which forms the foundation from which everything else is built out from



A good Coach builds a Safe Environment where players develop a Growth Mindset, can explore through curiosity, make mistakes, cultivate grit and develop their skills and knowledge in a true Learning Environment, where the asking of questions is normal, not the exception

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