

Base & Growth Coaching

**Effective Coaching is formed around 3 essential points:
The Base, Growth and Understanding People**

The Base is the core aspects of providing a solid foundation to what one does, and in sport generally revolves around four areas, with them being Core Skills, Fitness, Discipline and Playing Structure

The growth is the development of the players, mainly through developing the key skills, techniques and tactics, as well as developing players X-Factor skills

Understanding People is the mechanisms by which a coach activates and allows people to grow both as a player and an individual

The size of the base is the counter weight to the level of performance that one is trying to achieve

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