

Practical Coaching

If one begins with principles and an outline, it becomes easier for one to place the details within

Trial & Error – It is important to realise that all coaching is trial and error, for one must try things to see if they work

Aim & Picture – The aim is the one basic idea or concept one is working to, and the picture is the puzzle pieces which allows the aim and concept to come into being

Base & Growth – The base is the foundation and will comprise things such as core skills, fitness, discipline and playing structure, and growth is everything else that allows the players to develop and grow into better players

Framing & Reinforcement – Framing is the initial ideas and concepts that one presents at the first team meeting, and reinforcement is what one says and does during the season to back up what was initially said

Practice Structure – The basic framework and outline of how one puts their training sessions together

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