FIT

General

Coaching

Principles

Course

Workbook



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Unit 1 – Role of the Coach

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**UNIT 1 Role of the coach**

Characteristics of a coach

List 10 characteristics of an effective coach

1.
2.
3.
4.
5.
6.
7.
8.
9.

Coaching philosophy

List 4 Reasons why people coach

1.
2.
3.

Coaches Community Interactions

As a coach, you will encounter a wide range of people associated with your sport

List 4 examples

1.
2.
3.

Coach Responsibilities

As a coach, you will oversee a group of people who will rely on you to provide meaningful instructions in a safe environment. It will be your responsibility to ensure:

1.
2.
3.

Coach Self-development

Coaches also need to learn and develop.

What are some ways that you can improve your coaching?

1.
2.
3.
4.

Coaching Processes

The coaching process has 5 parts to it. Briefly outline what is involved in each section

*Plan*-

*Deliver*-

*Observe* –

*Feedback*-

*Revise* –

**UNIT 2 - Communication**

Types of Communication

What are 2 main types of communication and how can they be best used in coaching?

1.

Effective Feedback

* Corrective feedback should be given as \_\_\_\_\_\_\_\_\_\_ after the players actions are observed by the coach
* Feedback must always be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that players are prepared to listen and accept what is being said
* Feedback must always be provided in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_not be negative or of no use to the recipient
* Feedback should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the aspect that needs to be improved and directed so the player understands what is needed.
* After feedback is provided it is essential that the coach then checks that the recipient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_what has been said

**UNIT 3 Group Management**

Organising and Controlling Sessions.

Some ways to avoid difficult situations include:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Engaging players can be achieved by:

1.
2.
3.
4.
5.

Grids

Grids should:

1.
2.
3.
4.

**UNIT 4 Safe Environment**

Legal Responsibilities

As a coach, you will have certain legal responsibilities that you must adhere to. These can include:

1.
2.
3.

Duty of Care requires that you take reasonable care to avoid risks of which you can reasonably foresee. This may include:

1.
2.
3.
4.

Risk Management Strategies can help avoid injury to players. Give examples of areas that should be addressed

1.
2.
3.

Coaching Children

To make the sport an enjoyable and rewarding one for the child there are several things one can consider:

1. The \_\_\_\_\_\_\_\_\_\_\_\_ aspect
2. Children need lots of opportunity for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and a broad range of activities
3. Don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ too early
4. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_aspect of sport is highly valued by children-
5. The need to focus on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_rather than just “winning”
6. That all children deserve\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, not just the most talented
7. That \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is important to them
8. That they often have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_do in too little time
9. That they have no idea about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_performance
10. Vary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Some general tips when coaching children include:

* Do not make any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_with children in a way that may make them feel uncomfortable.
* If \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is required the coach should explain why and ask permission
* Try to avoid situations where an adult is alone with a child e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* When a child needs transport, ensure there is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Know and understand any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_impediments to a child participation