



7 TRAITS OF A SUCCESSFUL COACH



You are an important figure in your players lives. Lead by example and create an environment you would like to be in.



KNOWING YOUR SPORT

Having the fundamental knowledge of the sport you are coaching is essential. Whatever your outcomes are, upskill yourself in that area. If you don't fully understand, how can the kids!

COMMUNICATION

Find the best of way of transferring what is in your head, to your players. Talking, physical aids, visual aids, technology. Use whatever you have at your disposal to help pass on information.

ENTHUSIASM

My favourite! Bring that energy to everything you do. Players will feed off you. Set the right tone for your team.

EMPATHY

Be aware and have an understanding of your players. Get to know them and their backgrounds. You are there to help them. Not everyone can be treated the same.

FUN

Bring loads of it to your sessions. Sport should be fun. Adding fun into the learning process is enjoyable for everyone.

ROLE MODEL

Your players look up to you. As a coach, you are an important figure in your players lives. Lead by example and create an environment you would like to be in, or would your kids to be in.

PREPARATION

Be prepared for you sessions and game days. Good content and planning is an essential part of coaching. Creating a fun, enjoyable coaching

#Making Sport Happen