

HOW TO COACH

1. BUILD RAPPORT



1. Show interest in and respect for each participant and others
2. Smile and make eye contact with each participant
3. Learn and use participants names
4. Coach the person rather than just the sport

2. EXPLAIN



1. Plan what to say
2. Gain attention before starting
3. Keep it simple
4. Use questions to check for the players' understanding

6. FEEDBACK



1. Ask 'what did you notice about...?' to promote self-analysis
2. Limit information to 1-3 key points
3. Give specific, simple information in a positive way
4. Check for understanding: 'what will you now do?'

6 STEPS

5. ANALYSE



1. Compare your observation with your picture of good practice
2. Identify the matching key points
3. Identify the mismatching key points
4. Decide whether to reinforce, modify or note but take no immediate action

4. OBSERVE



1. One point at a time: head, hands (Hurley) and feet
2. Observe each participant from different angles
3. Observe each participant several times
4. Check if the activity is working

3. DEMONSTRATE



1. Position so all can see and hear
2. Provide correct demonstration then focus attention on 1-3 key points
3. Provide demonstration more than once from different angles
4. Check for understanding before they go for practice