

# What is Expected of a Volunteer Coach



Coaches play an important role in the sporting life, but also the everyday life, of the participants they coach. Coaches influence the development of sport-specific skills and sporting performance, and also the participant's development as a person and their approach to other aspects of their life. While at times it can be challenging, coaching is also a very satisfying role.

To be an effective coach, you will need a number of skills. A coach needs knowledge of the sport, but more importantly, they need to know how to pass that knowledge onto the participants they are coaching. To do this, a coach needs skills in:

- organising
- observing
- analysing
- adapting
- communicating
- improving performance.

## Coaches should:

- be a good role model for the participants
- show enthusiasm and enjoyment for the task of coaching – make it fun!
- be self-confident, assertive, consistent, friendly, fair and competent
- ensure the safety of all participants
- behave ethically and dress appropriately
- maintain discipline throughout the session
- be very organised, not only for each session but for the entire season
- be able to justify, if necessary, why things are being done, or be 'big enough' to ask for suggestions when not sure and to admit and apologise when they make a mistake
- treat everyone fairly, and include participants of all abilities and disabilities, ages, genders, and ethnic backgrounds.

## **Do you have a coaching philosophy?**

A coaching philosophy will include aspects such as:

- how the coach communicates
- will the coach encourage athletes to ask questions and take some responsibility?
- will the coach seek to remain up to date and improve their coaching knowledge and skills?
- how behavioural issues will be dealt with
- will the coach include everyone, irrespective of ability or background?
- the coach's emphasis on winning, losing and cheating
- promoting respect for others