

## Role of the Coach

### Coaching Skills

As a coach you will need to develop many and varied skills. They may include:

- \* Communicating effectively with your players
- \* Providing sound feedback to players
- \* Understand ways people learn skills
- \* Understand basic training principles
- \* Understand different coaching styles
- \* Understand different needs developing and growing children (See Juniors)
- \* Assist your players regarding safety aspects and reducing injury risks
- \* Design drills to assist players to develop new game skills
- \* Be aware of over-training causes and symptoms
- \* Be able to design and prepare programs to meet team and individual training needs
- \* Advise players food and water needs
- \* Know about your player's energy systems
- \* Advise recovery, relaxation and imagery skills
- \* Provide advice on use of legal nutritional supplements
- \* Assess and evaluate player's performance

### Coaching Roles

- \* As an Advisor - Advising players on the training to be conducted
- \* As an Assessor - Assessing players performance in training and competition
- \* As a Counsellor - Resolving personal or intra-group emotional problems
- \* As a Demonstrator
  - Demonstrate skills you require them to perform
- \* As a Friend - Over time a relationship is developed, where as well as providing coaching advice you also become a friend, with whom players can discuss problems and share successes
- \* As a Facilitator - Doing all that you can to assist players achieve their overall objectives
- \* As a Statistician - Gathering data of national and local results and updating processes with current or innovative training techniques through attendance at seminars and courses
- \* As a Knowledge Bank - A coach will often be asked questions on related sporting activities or issues including those on diet, sports injuries and even topics unrelated to Touch
- \* As a Teacher - Teaching players on individual, sub-unit and team Touch skills
- \* As a Mentor - As a coach you have to monitor player health and safety at training and provide support at all times
- \* As a Motivator - Maintain the motivation of all players for the duration of the competition
- \* As an Organiser and Planner - Preparation of training plans for individual

players and for the team

\* As a Supporter - Providing support to the beginners as well as to the star player, in all that they do