



EFFECTIVE COACHING MAP

Supporting coaches to be confident at what they do



KNOWING YOURSELF

KNOWING OTHERS

KNOWING COACHING

Great coaches need skills, knowledge and behaviours to coach effectively and confidently



PHILOSOPHY & VALUES



LEADING



SELF REGULATING & IMPROVING



MOTIVATION & ATTITUDE



RELATIONSHIP



COMMUNICATING



AGE & STAGE



PLANNING & REVIEWING



PROBLEM SOLVING



CREATING & INNOVATING



TECHNICAL & TACTICAL



TRAINING & LEARNING



To engage players or learners, coaches need to know how to be...

Inclusive and have integrity in their coaching

Confident, empowering and have ambition

A self-reflector and have emotional intelligence

Positive in their mindset and have drive to inspire others

Collaborative to inspire teamwork and have skills to know how others think

Approachable allowing for the sharing of information

Aware of physical, psychological and social development

Effective in deciding how to solve problems and achieve goals

Proficient in identifying, observing and recognising development areas

Forward thinking and be able to explore fresh ideas

Decisive in skill making in their sport

Effective in ways that contribute to learning and development

Great coaches will...

Articulate and inspire with their approach

Apply, guide and influence others

Commit to learning and development

Deliver a 'Can Do' approach to coaching

Build trust and rapport to achieve common goals

Achieve outcomes by using: Verbal, Non-verbal, listening, written and reflection skills

Be intuitive to adapt training programmes

Plan for coaching and review how the plan meets participant needs

Identify and observe areas for development

Express new ideas and solutions to learning

Implement decision making skills to support improvement

Create an environment to develop new techniques that meet safe standards