

Netcetera (C): Reflections And Outlook

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Motivation

What is it?
 Athlete Success
 Goals Support Means
 What just something you're trying to build in your participants/athletes, YOU need to be motivated too
Why? What do you need to be motivated to do?
 How can you demonstrate your motivation as a Sports Coach?
 What will this impact, and how?

Time keeping

Where, and why is time keeping important as a Sports Coach?
 How can you demonstrate your time keeping as a Sports Coach?
 What will this impact, and how?



LO1. Explain at least three ways in which your motivation can affect your athletes/participants
 LO2. Justify why good time keeping is essential in Sports Coaching, and explain the impact it has on your athletes/participants

Done that? ... Now do that!
 Complete Stretch and Challenge learning objective

Self reflection

2 minutes: In pairs, come up with three reasons/benefits of being reflective as a Sports Coach

"The purpose of reflection is to try to improve our coaching, not just understand it better, and improve the context in which our coaching takes place" (Grove, 2001, p5)

Self reflection helps:

- coaches to develop elite coaching knowledge
- create change
- create links between theory and practice
- improve understanding of how to cope with the ambiguity of practice
- improves understanding of the coaching process

Research suggests that expert coaches engage in both kinds of reflection on a regular basis and that reflective practice affects the performance of their athletes/participants (Robert & Tait, 2001)

What is the difference between analysis and reflection?

Analysis is a process of breaking down a complex system or subject into its constituent parts and then examining each part individually. Reflection is a process of thinking about one's own actions, beliefs, and feelings, and how they relate to the world around them.

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LO1. Summarise the importance and effects of communication skills as a Sports Coach, and how you might use communication in your coaching (sport specific example)

CPD

What is it?

Continuing Professional Development
 Additional qualifications, research, reflections, seminars and talks, studies and assessments

What does CPD do?

How will CPD affect your coaching and your participants?

In pairs, identify an example of a Sports Coaching qualification or CPD that you could do - be ready to share it with the group (60 seconds!)

Problem Solving

Any coaching environment, use it!

Imagine you are sitting in a room at Farnley Leisure Centre. What could you do?

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Organisation and administration



Individually, list three examples of organisation and administration in Sports Coaching

Why is this an important skill for you as a Sports Coach?

What are the effects on yourself as a Coach, and your athletes?

Starter

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Communication

What is communication?
 Communication is the act of conveying information, thoughts, feelings, or emotions from one person to another. It can be verbal (spoken or written) or non-verbal (body language, facial expressions, etc.).
 Why is it important in coaching?
 Communication is essential for a coach to effectively teach, motivate, and manage their athletes. It allows the coach to provide feedback, set expectations, and build a positive relationship with the athletes.
 How can we communicate effectively?
 Effective communication involves active listening, clear and concise language, and using appropriate non-verbal cues. It also involves being aware of the athlete's perspective and adapting communication style accordingly.
 What factors influence the effectiveness of communication in coaching?
 Factors that can influence communication effectiveness include the coach's personality, the athlete's personality, the context of the communication, and the quality of the relationship between the coach and the athlete.

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2 mins: Discuss with the person next to you and be ready to share with the group!

Phones out, teams of 2!

Toni Minichiello

Who is he?

Jessica Ennis-Hill's (2012 Olympic champion, 3x world champion and 2010 European champion) coach



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How long has he coached Jess for?

About 17 years (since she was 13!)

Why is this significant?

What about Toni and his coaching do you think has helped Jess become such a successful athlete?

2 mins: Discuss with the person next to you and be ready to share with the group!

Learning Objectives

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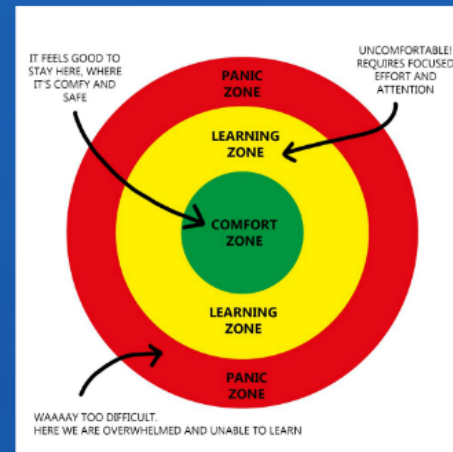
L01. Summarise the *importance* and *effects* of communication skills as a Sports Coach, and how you might use communication in your coaching (sport specific example!)

L02. Explain *at least two* ways in which your motivation can affect your athletes/participants

L03. Justify why good time keeping is essential in Sports Coaching, and **explain** the impact it has on your athletes/participants

Stretch and Challenge:

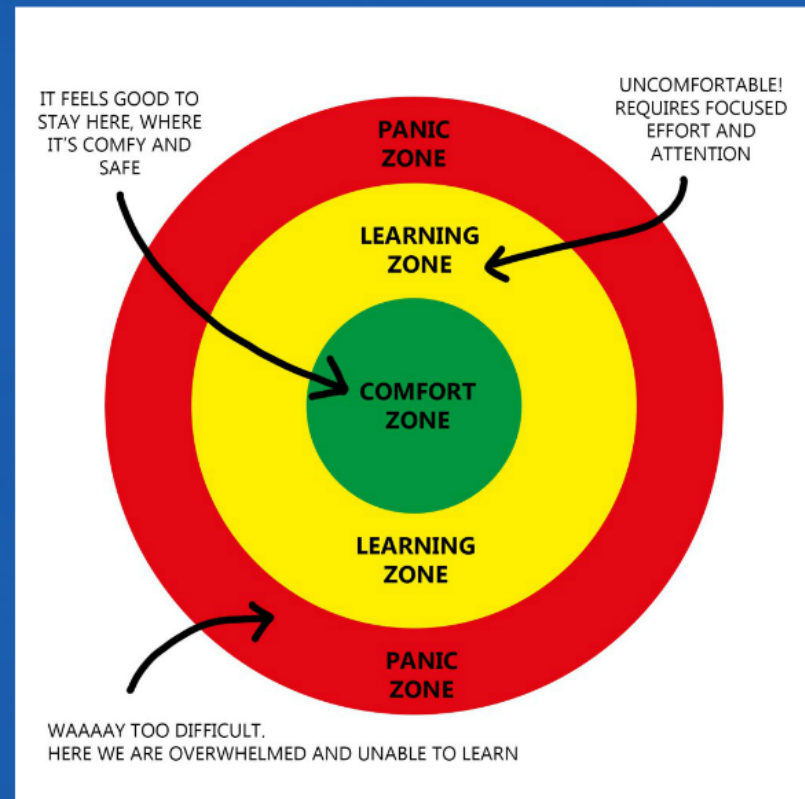
L04. Propose *at least two* ways in which you can develop communication skills, motivation or time keeping as a Sports Coach



Justify why good time keeping is essential in Sports Coaching
Explain the impact it has on your athletes/participants

Stretch and Challenge:

L04. Propose *at least two* ways in which you can develop communication skills, motivation or time keeping as a Sports Coach



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Assignment 1

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You will be producing several case study on the varying roles, responsibilities, skills and techniques needed to be a successful coach.

You will be describing the importance of **FOUR** skills and qualities that coaches need, how they can **USE/DEMONSTRATE** these skills, how they support the **LEARNER**, and how they can **IMPROVE** the athlete.

Sports Coaching
attributes and skills

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Expectations:

- Active note making (bullet points, sub headings, titles, arrows to make links, mind maps, etc.)
- Participation in discussions! Share your ideas with each other, ask questions and challenge views. This will help you to develop ideas for your assignment!

Sports Coaching attributes and skills

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Communication

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What is communication?

"Communication is the art of successfully sharing meaningful information with people by means of an interchange of experience or knowledge" (Walkin, 1990, p.164)

Why is it important in coaching?



How can we communicate?

Communication can occur in one-on-one or group settings, and in written formats (e.g., printed materials) or in visual formats (e.g., pictures, videos, and observational learning)



What blocks/barriers might there be to communication as Sports Coaches?

How as coaches can we ensure our communication is effective?

What questions could we ask ourselves?

