

Name

Introduction to the Roles, Responsibilities and Skills of a Sports Coach

Worksheet 1: Effective coaching vs Ineffective coaching

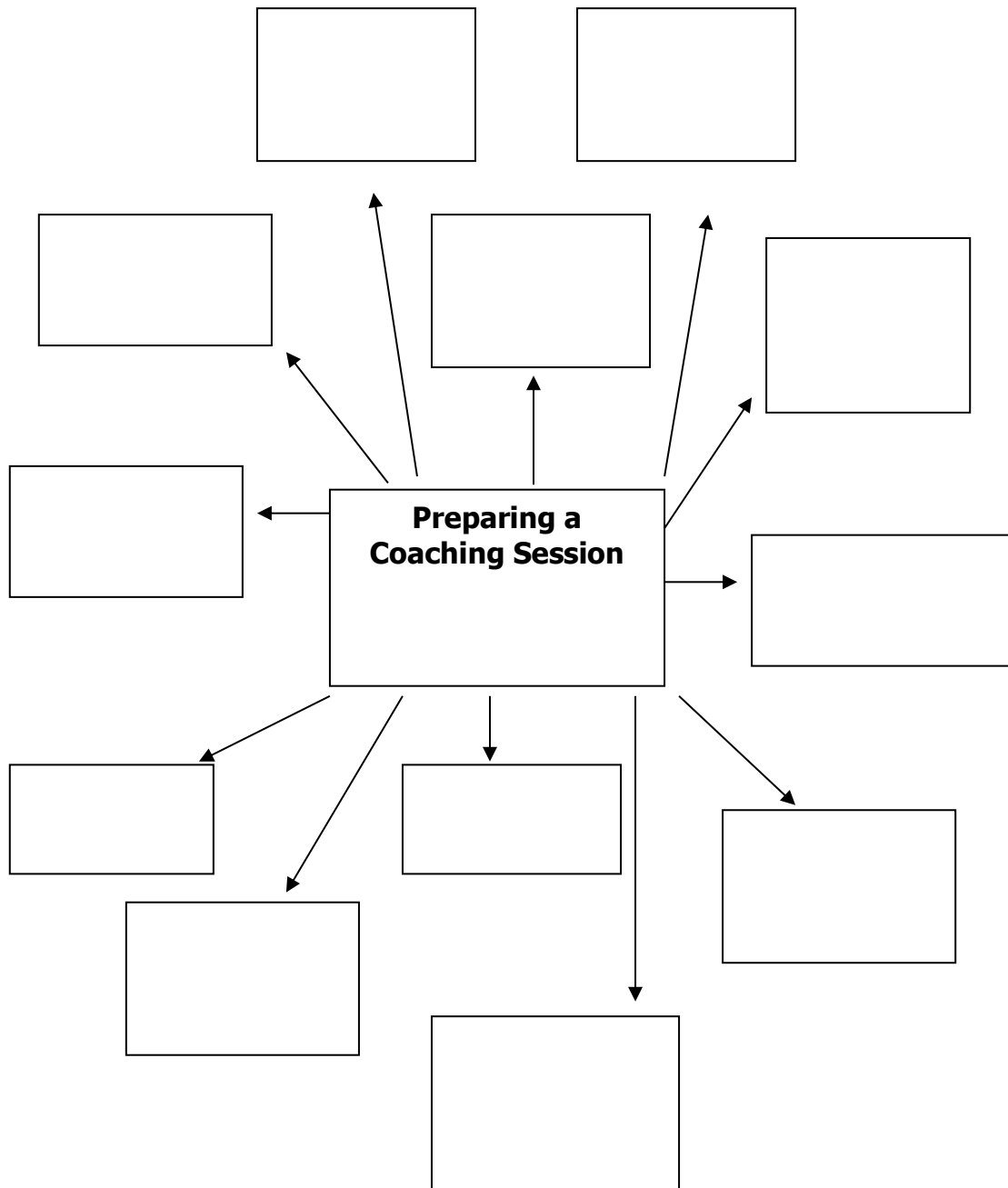
Using the table below put together a list of key words to describe effective coaches and ineffective coaches you have met. The key words should reflect why you think they were good or bad e.g. effective coach = organized, ineffective coach = unfair.

Effective Coach	Ineffective Coach

Name

Worksheet 2: Preparing a Coaching Session

What does a coach need to prepare in order to ensure the smooth running of a coaching session?



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Worksheet 3: Reflecting on a Sports Coaching Session

In your own words tell me about the best coaching session you have ever taken part in. I would like to know the order the session was delivered and why the elements taught were so enjoyable and effective.