

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 |
|-----------------|-------------------|
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Worksheet 2: Skills of Good Sports Coaching

'Don't be like the talented coach who thinks it is good enough to be the talented coach...when with the will and the work, you could be a great one'

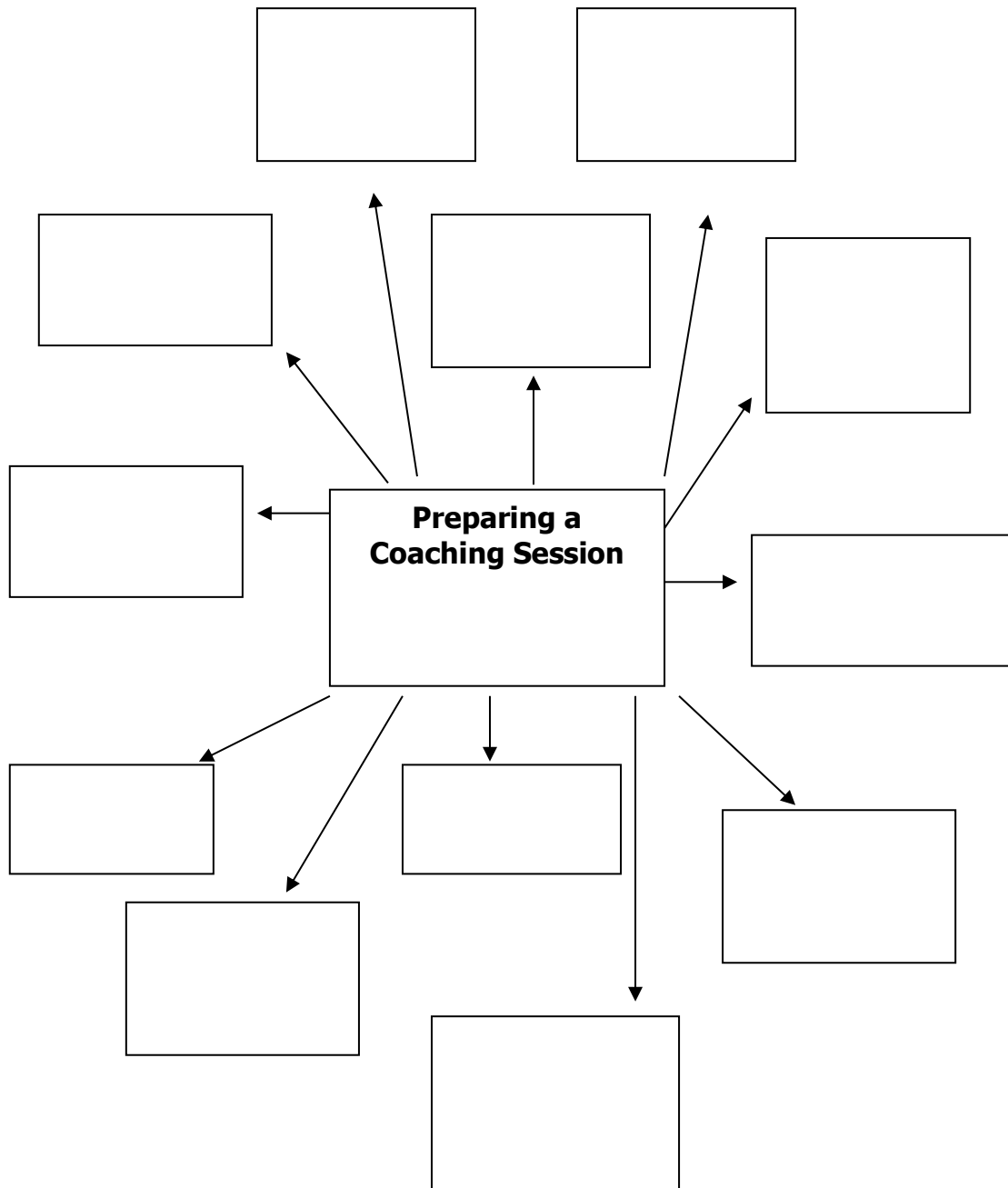
Complete the profile below by identifying skills that you believe to be the most important for a coach within your sport. Now rate yourself on your current/past experiences as a coach on each component of a scale of 1-10 (1=poor, 10=excellent coach) by shading the boxes on the number scale.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-------------------------------|----------|---|---|---|---|---|---|---|---|----|
| Skills | | | | | | | | | | |
| For example ... good listener | [Shaded] | | | | | | | | | |
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Worksheet 3: 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 4: 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.