Coaching Skills

The following skills are important during coaching sessions:

1. Organization
2. Communication
3. Technical skills
4. Physical skills

Organization:

Element	Delivery
Plan Structure	Delivers planned, structured practice sessions and clearly established goals
Maximum participation	Maximises the number of people practising
Grouping	Groups people according to development stage, weight and level as much as possible
"Fun" and technical delivery	Makes sessions fun and enjoyable, as well as technically correct, appropriate to the programme and the learners

Organization (Continue):

Element	Delivery
Hygiene & Safety	Applies risk management procedures before, during and after delivery of a session
Assessment time	Assess publicly the outcome of the session on the previously established goals
Length of the Session	Delivery is to the correct time
Self-reflection and Analysis	Writes and honest and accurate self-reflections and sessions analysis , establishing/ based on an action plan to continued improvement

Communication:

Element	Delivery
Voice	Voice is clear and projected so all can hear
Instructions	Clear, concise and short instructions and maximise the activity time
Information in multiple ways	When appropriate provide information in a different way
Interaction	Interacts with learners (listens for understanding, uses learner's names and make eye contact

Communication (Continued)

Element	Delivery
Feedback	Gives every learner constructive, positive feedback, in a constructive and friendly way
Reinforcement	Reinforce learners on time and highlighting specific behavior
Respect	Uses no discriminatory language or behavior

Technical Skills:

Element	Delivery
Correct information	The sequence of activities follows a proper and diverse progression if appropriate
Practice variety Sequenced	Demonstrates appropriate level of technical key points knowledge
Detecting technical mistakes	Detect specific technical mistakes and choose the most relevance to correct these mistakes on a step by step basis

Physical Skills:

Element	Delivery
Demonstrations	When demonstrating does the fitness matches with the technical demands.
Fitness level motivates athletes	Demonstrations are in the "difficulty" zone, regulating own physical fitness when appropriate