

Topic: Role Of The Coach

What is coaching?

Coaching is....

“To facilitate through timely and appropriate measures, the global management and progress of a young player towards his adult and optimum football playing and where possible, personal potential”

“..a process in which the coordination of a series of function areas, results in a planned, systematic program designed to prepare an individual/team for improved competitive performance”

Who can be a coach?

Qualities

- Educator
- Leader
- Organizer
- Manager
- Counselor
- Motivator
- Paternal-figure

Discussion topics

What other qualities do you think are important?

Do you think that a coach handling young players must have different qualities?

Role of the coach in these key areas-

- Technique - knowledge of mechanics of the game, individual technique and skill development, specific & detailed coaching, demonstrating.
- Tactical - understanding individual, group and team behavior with and without ball possession, using different coaching methods.
- Physical - improving all aspects of fitness components.
- Psychological - developing mental skills and strength.
- Social - understanding and managing all relationships between and among players, staff, public, media, family, etc.

Discussion topics

What other important roles does the coach play?