



THEME

Contributing and
Influencing

SUB THEMES

Planning to Lead
Leading in Action

Overview

Tools are important in developing the Coach Leader. The Coach Leader toolkit provides Participants with starter tools to assist their coaching development. The Leader Journal template can be adapted for other leadership roles too, such as trip leader, youth programme leader, and officials leader.

Facilitators are encouraged to explore the New Zealand Coach Development Framework resources at www.sparc.org.nz. Through completing learning activities in Growing Leaders, Participants will complete some of the learning for the New Zealand Coach Development Framework.

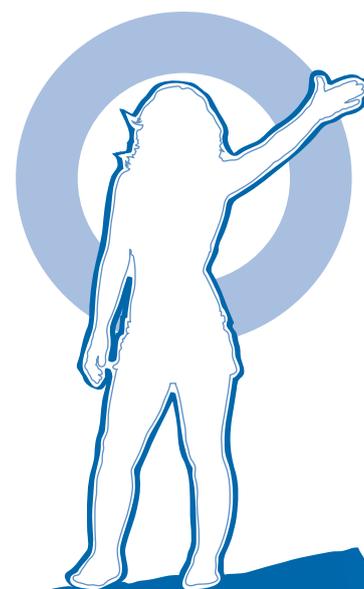
The Coach Leader

Knowledge and skills

Planning strategies and organising for a leadership role, applying and analysing strategies in the leadership role.

Resources

- Leader Journal template



NAME _____

The Coach Leader

Constructing the Toolkit

Consider the leadership tools coaches need when coaching their athletes? Firstly they need a philosophy.

1. What roles do you play as a coach? What jobs do you do?



2. What is your coaching philosophy? What do you believe is really important when you're a coach?

3. What is your coaching style? Does the way you coach match what you believe to be important?



Congratulations! You have just created your toolkit!
Now what do you put in it?

Inside the Toolkit

Consider your coaching environment and the number of tools (e.g. coaching methods, team management) that are present in your sessions.

1. How do you create an effective environment?

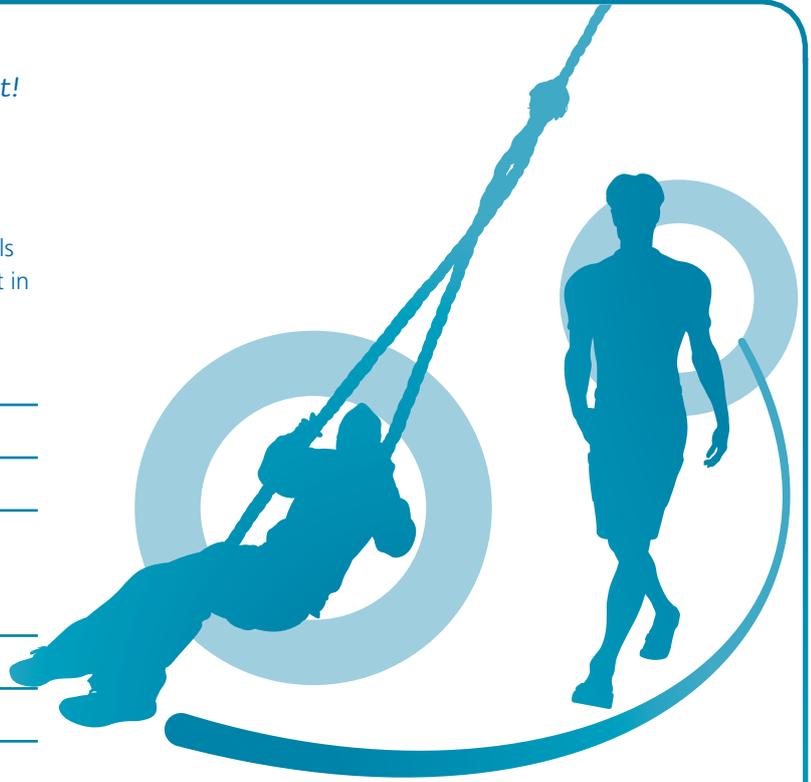
2. How do you set goals for your athletes – as a team or individually?

3. How is the team or athlete managed?

4. How do you develop your athletes' skills and performance?

5. How do you cater for your athletes' needs?

6. What 'sparkle' do you bring to your coaching method?



Deep into the Toolkit

In your coaching toolkit there will be unique things that only you can bring to your coaching environment.

Identify two unique tools you bring. Be as general or specific as you like.

Unique tool 1

A) Why have you included this tool in your toolkit?

B) How does this tool help you to be a good coach?



Unique tool 2

A) Why have you included this tool in your toolkit?

B) How does this tool help you to be a good coach?



Congratulations! You now have an individualised and effective coach toolkit. Remember to review and revise your toolkit regularly so your tools don't get rusty!



Helpful Hints and Handy Tips

Here are some helpful hints and handy tips to use when leading in practical sessions.

PHYSICAL BOUNDARIES

- Use cones to mark the space in which you're working.
- Walk around the boundaries for the group and show them what's in and out.
- Identify hazards e.g. posts, taps, balls.

BEHAVIOUR BOUNDARIES

- Set the behaviour from the start.
- Change what is acceptable if a game is a little rough.
- Let the group know if they have broken a rule. State it firmly then start again.
- Have routines, e.g. what to do when they arrive and what they do when the whistle goes.
- Be consistent and fair.
- Stand near difficult group members.

GROUP COMMUNICATION

- When the leader is talking, group faces them and puts equipment down.
- Only talk when they are quiet – wait for quiet.
- Speak slowly and be concise.
- Keep instructions to a minimum.
- Express what you do want – avoid don'ts.
- Correct errors by using positive statements.
- Praise effort.

ACTIVITY

- Prepare more than you think you will need.
- Change the activity if it is not working.
- Alternate intensity of activity between high and low.
- Use all the equipment you have.
- Use small groups (groups of two or three).
- Keep everyone involved.
- Avoid elimination games.
- Provide challenge for those who need it.

What other 'helpful hints' and 'handy tips' can you suggest to help someone who is planning to lead a session?



Time Wasters and Time Savers

Using your session time effectively and efficiently is a tough skill to master. As a coach, you need to allow as much activity time as possible.

Below are some common time wasters and suggestions for improvement. Your task is to match a time-saving suggestion to each time waster. Time waster a. is done for you.

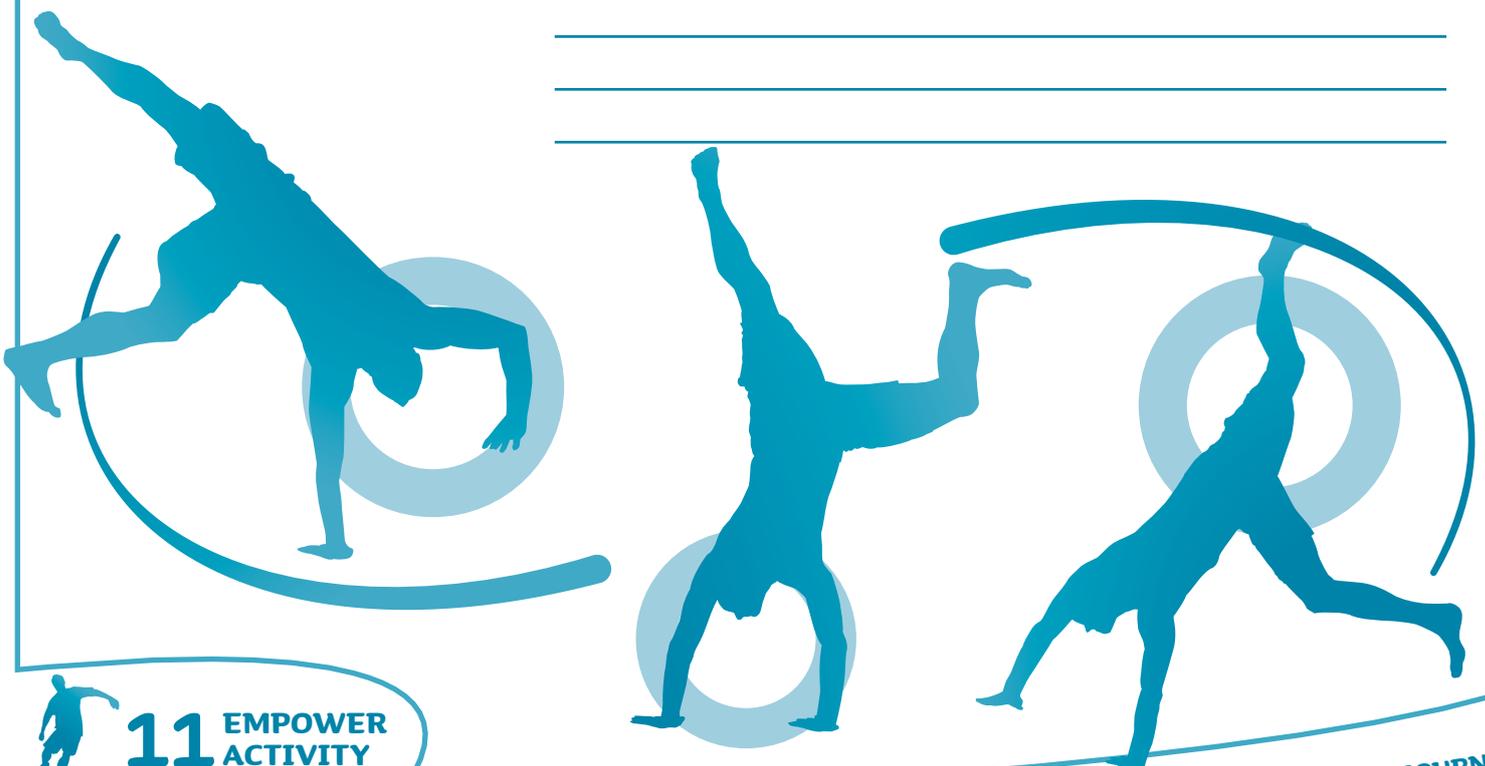
BIG TIME WASTERS

- a. Activities where participants spend time waiting for their turn.
- b. A coach that talks too much.
- c. Moving between activities.
- d. Dealing with difficult participants who misbehave.
- e. Not having adequate or appropriate equipment for your session.
- f. Using drills or games that do not help the athlete improve.

BIG TIME SAVERS

- a. Demonstrate, explain and give feedback in a short, sharp manner.
- b. Have the right equipment before starting your session.
- c. Develop a routine when participants are moving between activities and refer to your session plan that states what's happening next.
- d. Practice techniques, tactics or activities that participants need the most improvement in.
- e. Choose or change drills and games so participants are more involved in activities.
- f. Withdraw challenging participants while the remainder of the group continue with the activity. Talk to the challenging participants individually.

What other big time savers would you suggest to someone who is planning to coach a session?



Planning coaching sessions

Every good coach knows what they want to achieve in a session before it starts. They know how the session will run, for how long, what activities will be used, and what equipment will be needed. The session will always be evaluated afterwards. Here's a session planner for you to use.

SESSION PLANNER

Date and time _____ Venue _____

Session no. _____ Duration _____ Number in session _____

Coaching goals		Equipment
Long-term goals		Notes/Injuries
Session objectives		
Physical		
Technical		
Tactical		
Mental		
Time	Session breakdown	
	Warm-up, skills, drills, game development, conditioning, recovery, cool-down	
Evaluation/Action		