

— The Essential Guide —

# The Sports Coach Bible '17

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# GETTING STARTED

**Coaching is a career  
enjoyed by millions  
around the country.**

It can be a great way  
of getting involved in  
sport and making a  
difference at the same  
time.

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# HOW TO GET INTO COACHING

**It can help you keep fit, physically and mentally and contribute to a more towards an active nation. Here we'll explore the ways to kick-start your coaching journey, the questions you may need answering and what it takes to become a great coach.**

## Why should I coach?

**There are any number of reasons why people get into coaching**, and one of them is just a burning desire to get involved. A lot of coaches are **ex-players whose career was ended early** due to injury. Maybe you're a lover of sport, who wants to put **years of playing knowledge** to good use.

Ultimately, most coaches just want to **put something back into sport** and a local community that has served them so well. Plus, you'll be **playing a vital role** in shaping the **future of many humans beings**, on both a sporting and wider social level.

## Who should I coach?

**It can be a little daunting throwing yourself into an adult coaching session** from the off, so **building skills and knowledge** by coaching kids is the place most people start.

Whether you're starting out with children or adults, you could **break yourself in by becoming an assistant coach**. Learning from those who have been there and done it will bring rich reward for you as a coach in the future, and **becoming an assistant can build valuable confidence** without overburdening you by becoming the primary coach.

## Do I need qualifications?

To become a **fully recognised sports coach**, you'll need some level of qualification. As part of a 2002 government task-force, the **UK Coaching Certificate (UKCC)** was set up as a comprehensive qualification structure for coaching sport in the UK.

**More than 30 sports** now use this endorsement in the UK, so for everything from football to angling **the UKCC is the qualification to gain**.

**The National Governing Body for your sport** will have all the details on how you can get on their particular UKCC endorsement ladder. Many coaches will start out **assisting**

**a coach whilst completing their level 1**, eventually progressing to higher levels and taking greater coaching tasks on as a result.

**Helping out a qualified coach as an assistant doesn't require any formal qualification**, but gaining a level 1 gives you more confidence in your ability, and covers **the basic tenants of coaching** in your sport.

**If you're coaching at an independent level**, with you as the lead coach, it's recommended you get to level 2 – and most clubs will **actively help you gain this qualification**.

## What are my responsibilities as a coach?

**Clubs may want you to gain some knowledge** on things like first aid and laws around keeping children safe. As the coach of a youth team, parents will be **leaving their children in your care** – so it's your responsibility to ensure they're safe during the session.

The well-being of performers **should be placed at the very height of everything you do** as a coach, so it's worth making sure you're **aware of legal responsibilities around child protection**, negligence, risk and duty of care before you take on any youth coaching roles.

Aside from these safety and well-being factors, your responsibility as coach is purely to do all you can to **develop the performance of players in your team**.



## Section 1

### Getting Started

# WHAT MAKES A GOOD COACH?

**There are plenty of opinions out there on what makes a good coach. Every coach will have a different style, approach, and focus, but there are some key characteristics that are important contributing factors.**

## Develop Relationships

**Coaching is all about building relationships.** As a coach, your players are essentially your clients; making them the best they can be is in your hands. Part of your job is identifying how to do that with **each player's different needs.**

As a coach, you need to **make yourself available to your players at all times.** Place their interests at the heart of what you do, show that **you care about their success on the pitch** – and they'll respond by giving their all in return.

Identify how to place yourself as this **trustworthy figure amongst each**

**individual.** What motivates each member to play sport? Where do they want to be in your team, at your club and generally in their sporting career?

**Make a connection** with your players by becoming an avenue for them to achieve these objectives, and before long they'll be the ones **coming to you for advice.**

## Be Passionate

**Just asking a coach to be passionate** about what they do is hard. You tend to either have it, or you don't. But seeing as you're a sports coach who **dedicates a lot of their free time to help your club** and individuals within it, we're guessing you probably do.

**Having passion and radiating passion** however, are **two very different things.** Take pride in the achievements of your players and your team. Strive to be the best every single day, and that should fuel **the passion you have to coach your team.**

Plus, **passion and positivity are infectious.** Breeding these helpful characteristics amongst your squad **starts with you.** Become passionate about what you do and you'll **inspire the rest of your team** to do exactly the same.

## Upgrade your training environment

**Hard work and dedication** are one thing, but **if you haven't got the environment for success,** you're going to **come up short.**

**Perhaps it is those drills that need a lift.** Participants will appreciate looking at something from a different angle, so look to **mix in something new at every opportunity.**

What can you do to **give the training ground a little lift?** Many coaches suggest incorporating music, with it injecting **a fresh, fun vibe** into training. Is your equipment up to scratch, or are you **still using the same stale equipment** to undertake the same stale drills?



## Improve them by improving yourself

**Coaching is about giving your knowledge and commitment to a group of players** in order for them to improve their skills on the pitch. But as a coach, **constantly evolving your own skills** can be just as important as those you train.

Identifying and addressing the gaps in your coaching repertoire allows you to

**impart better knowledge** on your players, improving their skills and making you a better, more efficient coach.

To determine those coaching gaps, **look to those who you deliver your sessions to.** Take the time to take each of your players aside to **ask them what areas you could improve.**



# WHAT ARE COACHING STYLES?

In the coaching industry, there are three clearly defined and generally accepted coaching styles. These are differentiated by the overall direction a coach leads his team in – as well as the objectives they set out to achieve for their players.

## THE AUTHORITARIAN ONE

As you can probably guess from the title, an authoritarian coach tends to treat their team in an authoritative, controlled manner. In a similar way to how a strict teacher might with their pupils in school, **what an authoritarian coach says is final**, offering no room for input from players on how a training session should go, or how the team should play.

In theory, what an authoritarian coach **is believed to instill in their players is discipline**. For team sports, this can often be very important. If a coach has a **clear idea** in their mind of what needs to be achieved and how to go about doing it, organisation through authoritative coaching can be key.

Authoritarian coaching is **considered a little old fashioned today** but is still used in elite sports due to its outcome based approach. Where **professional sports are merely concerned with winning**, authoritarian coaching lends itself well by **offering results for the team at a faster rate than other coaching styles**.



## How this coach affects their players

**Whilst intended to engender respect for the authoritative figure of the coach, an authoritarian approach does not inspire players to think for themselves.** Communication is one way, and ideas and thoughts about personal and team development are not encouraged.

For youth team players in particular, **this can have a damaging effect on long term progression.**

Unable to learn why they are being asked to do perform in such a way, this lack of knowledge on their sport could have a knock on effect on their ability in the future – **particularly if they are met with a different type of coach down the line.**

## THE DEMOCRATIC ONE

**The chalk to the authoritarian cheese, democratic offers a method that's more agreeable in 21st Century sport.** In this scenario, the coach acts as more of a facilitator to the decision making process. Opening up a two-way communication channel, players and recipients of this method of coaching are **encouraged to offer their input** into the process.

In some ways, **democratic coaching is seen as a 'self-coaching' approach.** The coach puts a **basic structure** in

place, outlining overall objectives and the general direction of where they want the team to progress. From there, **it's down to the players to mould their game**, and the team's as a whole to shape the way they all go forward together.

This way, a greater emphasis is placed on **the processes rather than just the outcome**, and greater patience is required to gauge the **long term progression** of those particular methods.

## How this coach affects their players

**A democratic coach empowers their players by making them accountable for their actions.** Playing a key role in the decision making process, players grow their decision making skills and **remain in control of how they want to play.** For the future development of the team, this can prove vital.

Allowing players to take control lets them learn **every aspect of their game** at their own speed. As time goes by, they can develop a sense of

pride and **take ownership of their improvement**, and working as a team to improve as a unit leads to developed social skills.

On the flip side, handing this level of control over to players **can be dangerous.** Instead of having one coach who decides exactly the processes in place for the team to progress, you might suddenly have a **whole team's worth of opinions** – and not necessarily all pulling in the same direction.



## Section 1

### Getting Started

# THE CASUAL ONE

**Taking the concept of the democratic coach and taking it to the next level, the casual coach offers even greater freedom and control to players.**

Predominantly, this type of coach is concerned with creating an environment where the players can **enjoy the freedom to learn new skills** and ideas off their own back.

The philosophy of a casual coach is that **a happy collection of players will eventually lead to a successful team.** Create a fun and engaging environment for your players, and they will revel in the responsibility to grow both individually and as a team.

### How this coach affects their players

**For coaches and their players, this can go one of two ways.** Creating a fun and light working environment for all can **breed a bond** between all the squad and their coach.

Plenty of time for socialising as a team is likely to follow, but ultimately **progress needs to be made** at some stage. Tipping the balance **too far in favour of flexibility** and freedom can lead to a collection of **unmotivated players** – and results could suffer in the long term.

For this coaching style, **trust is key.** Handing over all this responsibility to players **could backfire** if certain individuals aren't able to **motivate themselves to continually improve** without instruction. Often, the stronger members who **are able to self-motivate progress**, whilst those who aren't will simply **slide into regression.**



## WHICH STYLE IS RIGHT FOR YOUR TEAM?

**As a coach, you have the flexibility to adapt your own style depending on the needs of those you are coaching.** Ponder the goals you want to set for the individuals in your team and the team as a whole.

**You are the leader** of this group of athletes, and it's your job to **get the best out of them** as individuals and as a team. **Think carefully** about all these questions above **before making a decision** on the best way to coach your team.



# 2 PREPARATION

**Fail to prepare, prepare to fail.** It's a throw around cliché that applies to a number of walks of life, but in coaching, it rings truer than most. Give your team **the best shot at victory** by preparing as thoroughly as possible.

In this section, we'll cover how you can best **maximise your time** before each game by preparing **both on the training pitch and in the mind.**

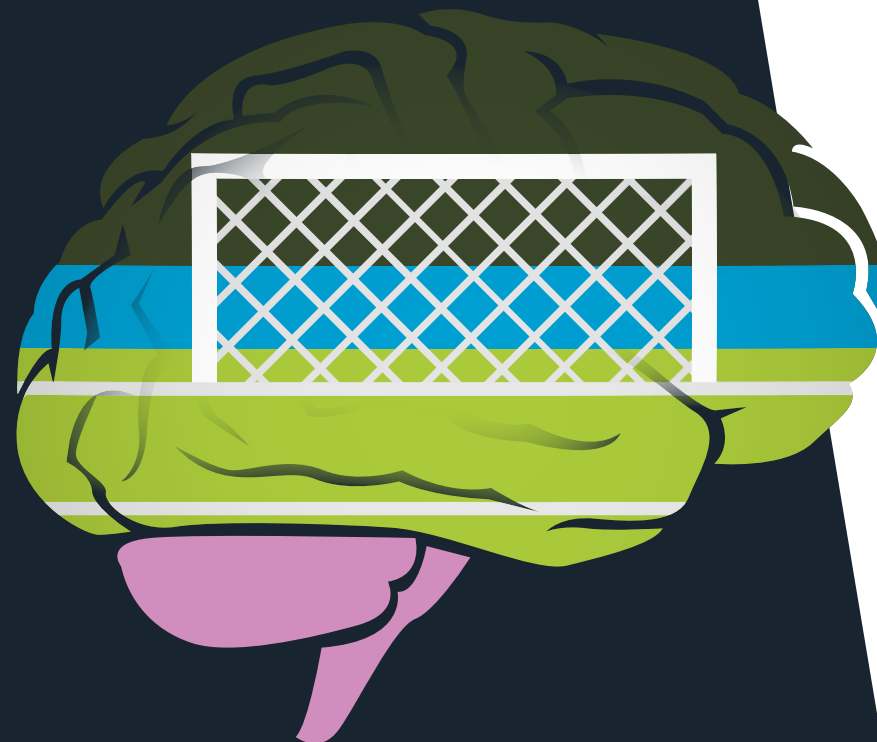


# MENTAL PREPARATION

**Sport is as much a battle of minds than of the body. Witness any elite level sport, and you'll uncover how pressure and a lack of mental preparation can have drastic effects on sport.**

**Your local club may not have the spotlight shone on it quite as strongly as elite sportsmen and women do,** but if teams take their competitive sport seriously (and it's what makes sport as passionately magnificent as it comes), then your players will also be subject to the **mental strains that make sport so tough.**

Below, we'll talk through **two methods for helping your players** prepare themselves for the rigours of **competitive sport,** leaving their roles and objectives **clear in their minds.**



## SET GOALS

**Before you can set off for a new season, you've got to know where you're heading.** Goal setting can provide you, individual players and your team as a whole with an overarching final objective - and studies find that **it actually helps boost motivation** and self-belief. A 2013 study of American Footballers in the Journal of Strength and Conditioning found that athletes who set process goals (defined as effort goals in the study) before they

head into training had a **higher percentage of self-regulatory efficacy** (basically a sports person's self-belief that they can pull off a task or goal under the pressures of a game situation) when compared to those who didn't set appropriate goals. Goals setting is a **three stage process** that allows players and teams to focus on incremental goals that **all add up to one overarching goal.**

### Process Goals

**Each goal needs a clearly defined set of actions to be achieved, and that is where process goals come into play.** The ultimate, top-of-the-tree, eat sleep and breathe to achieve goal (more on that in outcome goals) needs a pathway if you're ever going to get there.

In reality, that is a process you put in place **to help you get to the final goal.**

### Performance Goals

**A Performance Goal is sort of your school progress report,** a miniature goal you set on the path to your ultimate goal that lets you know **how you're getting along.**

### Output Goals

**And finally, the desired end point on your goal setting journey.** Every part of your goal setting process is geared **towards the outcome goal,** and it should be your main source of motivation and will only be achieved through the **correct implementation** of process and performance goals.



## Section 2

### Preparation

#### Finding your **final destination**

**Let's start in reverse. Work out where you as a coach and a team want to be at the end of the season - that's your outcome goal.**

Defining a **solid outcome goal** begins with assessing how a team has performed with regards to **their previous goals**. Have you recently been relegated or promoted? Have you just lost your best player so need to **reconsider how the team might perform?**

**These are all questions you need to ask yourself** before setting an outcome goal. Once you've found it, write it on post-it note and slap it on your changing room ceiling – this is **the goal that will consume your entire season**.

Once you've got a team outcome goal, **work with your players** to provide them with similar objectives. For them, it could be breaking into the first team, or scoring a certain number of goals – just ensure that they **feed into the team's goals of improving and succeeding**.

#### **Decipher** your process goals

**So now you know where you're going, but how are you going to get there?** That's where process goals come in.

These are **a series of smaller goals** that you'll need to achieve in order to achieve your outcome goal. For sports teams, these are usually areas of your game the team (or individual players) **need to improve upon**.

As a coach, **is there a gap in your skills or knowledge base?** Perhaps your work in defence is lacking a little bit, or you've always lacked top-class communication skills? Identify them, and **do everything you can** to improve.

For your players and your team, it's more about how they can **become better players** out on the pitch. Do you score enough goals or points? Does an individual **lack discipline** on the pitch and finds himself getting **sent off a lot?**

**These all qualify** as relevant process goals, so **identify them** and draw up a list of performance goals to set about improving them.

# RECOVER FROM DEFEAT

**Success and failure are part of the fabric of sport, which means that sometimes you'll be left licking your wounds after a defeat.**

Learning from defeat and coming back stronger is going to be vital to long-term success, so here are **two tips** for top bounce-back ability.

#### **Control** the controllable

People who place lots of emphasis on **uncontrollable factors** can actually feel worse in the long-run as they start to **feel less and less like they are able to change the situation** they are in. Players, coaches, and teams can become so wrapped up in the uncontrollable that they **move towards being pessimistic** in response to every possible solution.

How many times have you heard that one team member say "The problem with that is..." or "Well **that will never work because...**" Instead of spending time attending to the uncontrollable, successful players,

teams, and coaches **focus on the controllable** – things like technical or tactical aspects of performance, the amount of effort that they put in etc.

It is also **beneficial to players**, coaches and teams feel more in control of their current situation and – importantly – be aware of what they **need to do to change it**. Consequently, people are likely to be more motivated to work towards changing their situation because they can see the metaphorical **light at the end of the tunnel**.



### Take a **whole team approach**

**The first step to a whole team approach is to establish effective communication about the current situation.** Whoever is facilitating the meeting may benefit from allowing team members to **openly discuss the current situation** before breaking reasons down into controllable and uncontrollable factors.

**The main reason behind this** is to get members **consciously thinking about** these different factors. This is often **the most important step** in recognising that they are different. It's then important to quickly shift the team's focus to the controllable factors and then identify **potential solutions and barriers** to controlling what is controllable.

**It is very easy to keep dwelling on what has passed,** but the honest truth is that can't be changed once it has gone but the lessons learned may **have a significant impact** on moving forwards.

Once you've done this, **feed back into your goal setting loop,** adding what needs to change and improve to ensure you **perform better next time round.**



# TRAINING PREPARATION

**Mental preparation done, it's time to get out on the training pitch. Training is where the hard work really begins. Talent is one thing, but without application on the training field, it will all go to waste when it comes to match day.**

Use training as **an opportunity to get your ideas across** as coach, making it clear how you wish your team to play. **Allow ample time** for your team to execute your instructions, and you'll find them **gelling for real** out on the pitch.

## MAKING THE MOST OF PRE-SEASON



**Preparation starts with pre-season,** the time of year that leaves all sports players letting out a collective groan. Still, a good pre-season can **allow your team to hit the ground running** - so here are a few pointers to **getting it right.**

## Section 2

### Preparation

#### Run and run some more

**Your squad isn't going to thank us for saying this**, but in the early weeks of pre-season, there really is only **one thing** that should be on a coach's agenda – running...**lots and lots of running**.

The best way to rebuild any **lost fitness** that was sacrificed with those **burgers and pints of beer** over the summer is to engage your players in a **substantial running regime**.

Thanks to **advancements in sports science**, the days of trekking up mountains and running marathons to build aerobic fitness are **long gone**. In its place, elite sports teams tailor their training sessions to much more accurately **resemble their activity**

**during a game**. So, rather than a long distance jog around the local community, you need to focus on **high-intensity interval training**.

The priority in the early weeks of returning to training really should be around **regaining fitness**, but that doesn't mean you push players beyond breaking point. The worst outcome for a player is **losing valuable pre-season training time** due to picking up an injury, and if you find this is the case then something in your sessions needs to change.

Push your players hard, but ensure you're making **gradual progress** rather than throwing them in at the deep end.

#### Get in the game quickly

**So, as soon as you possibly can, a coach should be introducing game situations into pre-season training**.

The sooner players can get their minds back into the game, the better. You'll leave yourself with **more time to experiment**, and players will be more comfortable in their individual roles.

All this talk of sprinting and salads is no doubt **a little depressing** for your squad – but now to **lighten the mood**.

For most of us, the willpower required to **get off the sofa and back on the pitch** is difficult after two months off; and

when they do, they do it for their love of the sport. So as a coach, **enjoyment is paramount**.

A great way to do this is to simply **play the sport they love**. Finish off a training session by going into a game situation.

## NAILING PRE-MATCH PREPARATION

**Being 'prepared' is multifactorial in nature and should encompass many aspects in the days leading up to the game**. Leaving one area to chance can significantly **impede your overall performance** on the pitch.

**Most sports require more athleticism now** than they ever have, with one example being football. People are **running faster, jumping further and covering more distance** on top of doing it more frequently than ever before, so you need to **provide your body the components it needs** to deal with this stress.

Within **Sports Science**, there is a phenomenon known as the **'Supercompensation Cycle'**. Any training or match stimulus causes a **degree of fatigue** and in order to reach the same physical output, **we must adequately recover first**. If sufficient recovery has taken place before the next stimulus, there may also be a small window where our **performance may even be enhanced**.

So preparing and recovering well may improve your performance over time and **prevent the gradual decay in performance** from inadequate recovery between matches.

Fitness  
Baseline

Train

Fatigue

Recovery

Supercompensation

Return to  
Baseline



## Section 2

### Preparation

**Preparation for match day should start around 3-4 days before the game** and incorporates various different aspects including nutrition, hydration, and physical preparation. There is currently much debate within relevant research areas about the **correct nutritional strategies** for athletes. The truth is, there is no one-size fits all approach.

The fundamental aim of adequate nutrition leading up to any sports event is to ensure that you have **sufficient stores for the primary energy systems** (carbohydrates and some fat), you prevent gastrointestinal discomfort (excess gas, bloating, acidic build up, frequent toilet breaks and cramping) and that you are **adequately hydrated well in advance** of the match.

Generally, the guidelines would be to slightly **increase carbohydrate intake**

### Match day

**The match day routine and ritual is a highly individual and personal process.** People prepare psychologically and physically in many different ways. Look to try different things until you find **a process that suits you.**

With afternoon kick-off times it's advised that some **very low-level activity** is performed in the morning to help the transport of nutrients around the body and **take the mind off the match.** Walking,

**2-3 days before a match,** drink adequate amounts of water to **maintain healthy hydration status** and aim to **eat a portion of lean protein with every meal for recovery.** This should be accompanied by 4-5 smaller meals each day to help **maintain blood glucose levels.**

Alongside nutrition and hydration status you should pay attention to **physical preparation.** Yoga, static stretching, and low-level aerobic work are great to **help prepare the body** in the days leading up to a match. Ideally, **you want at least 48 hours of recovery** between the last high-intensity session and a match to help your body recover and avoid competing with **delayed onset muscle soreness (DOMS).**

yoga and relaxed cycling could be good methods to do this.

Generally, the main pre-match meal should be consumed around **3-4 hours before the match.**

The pre-match warm-up is your opportunity to **prepare mentally and physically for the game ahead** and should follow a structured and progressive **RAMP process:**  
**Raise** – increase your heart rate through pulse raising activities (low-level sports or movement skills).

**Activate and Mobilise** – wake up key muscle groups and take joints through their full range of motion (using dynamic stretching).

**Potentiate** – higher intensity sport specific exercises that replicate match activities.

The on-pitch **warm-up should last 25-30 minutes** and start with simple, low-intensity movements before progressing to **higher-intensity sport specific movements** or drills.

### Recovery

**After the match, the cycle starts again** and the first part of preparation for the next game is the recovery from this one.

Use this **simple points system approach** to optimising recovery. After each match, it is recommended that players obtain **at least 10 points** between the match and the next training session to help **minimise the effects of fatigue and stress** of the match.

Recovery Method	Points
8-9 hours of good quality sleep (avoid using electric devices before bed)	4
15 minutes static stretching of hamstrings, quadriceps, hip flexors and glutes	3
15 minutes of foam rolling quadriceps, calves and glutes	3
Digest good meal within 2 hours of finishing including natural protein (meat, dairy, fish) and carbohydrate sources	3
Drink 1-2 pints of water between finishing training/match and going to bed	2
Travel home from match/training wearing lower limb compression clothing	1
Take part in another sport or activity at low intensity for 20-30 minutes	2



# MENTALITY AND MOTIVATION

**Winning. It's easy to think about, less easy to actually go out and do.** But for many of us, it's what drives us back to the pitch every weekend, **striving to be the best.**

Like it or not, **winning is a huge part of sport** – but it isn't just about having the most skill or the best players. **Winning is a mentality,** and here's a series of things you need to consider when instilling it into the minds of your players.

# 3



## Section 3

### Mentality and Motivation

# BUILDING A WINNING MENTALITY

## Define winning for your team

**Before you start, consider what winning is to your team.** Finishing top of your league table is an obvious choice, but it might not be applicable for your team.

Draw on our discussion of goal setting earlier to **identify success for your team**, and use it as the **centerpoint of building a winning mentality** for your club.

## Motivation as an instinct

**As a coach, observing your players in both training and on a match day can tell you a lot about their mentality to be the best.**

Analyse training performance as an **indicator of their mentality**. When you give your team a task, are certain players **going the extra mile** to complete it successfully? If so, their attitude to excel is likely to be stronger.

Are players **exerting genuine effort to complete drills**, or do they add extra skills on the end **in an effort to complete a drill better**? On the pitch,

how do they react to losing? Do they show endeavour **right to the final whistle**, or does their performance drop in the face of adversity?

There are lots of little clues that can help you **decipher a team's mentality**. If you find them to be lacking in the motivation required every day to breed that winning instinct, you need to **refine your process for inspiring them**.

## Preparation is key

**Still, winning isn't just about believing you'll win in your mind.**

Don't make a fool of yourself and your team and back it up with some hard work on the training pitch.

A few years ago a popular sporting theory suggested that after **10,000 hours practice at a particular skill**, any old pretender could go from novice to **world class pro**. Whilst it's now been widely dismissed from sport's academic circles, it still gives an indication of **the hours you need to put in** to even get close to being good at free-kicks, penalties or the perfect yorker.

Preparation will not only **provide your players with the skills** required to go out and win, it will also breed confidence in their own mind that they can **perform under pressure**. Sports performance is essentially defined as replicating a skill during the pressure-cooker situation of a **competitive match**.

With preparation not only comes the ability to replicate those skills **as if they were second nature**, but also the **confidence to head out** onto the pitch and live up to your full potential.

## Failure is motivation

**Satisfaction in winning often doesn't come from victory itself**, it comes from the months of blood, sweat, and tears that went into it along the way. **You'll fail more than you'll succeed in sport**, but losing is a great motivator. Harness it as best you can, drawing on those **negative experiences** that you and your team wouldn't want to go near again.

Aside from psychological aspects, losing is also a great way to **focus your mind** and point out **means of improvement**. Identify the reasons your players or team as a whole aren't getting the wins out on the pitch and **funnel it back** into your goal setting and preparation.

When you start to **see improvements**, players will express a more rounded skill set on the pitch and **gain greater confidence** in their ability to win.



## Section 3

### Mentality and Motivation

#### Attitude is infectious

**As the coach, you ultimately set the tone for how your team performs.**

Whilst tactics are an obvious part of preparing your team for victory, **attitude is vitally important** to maximising performance.

**And it starts with you.** A negative attitude is **just as infectious** to players as a positive one. If things start to turn sour, pointing fingers and allocating blame is a **natural reaction** from human beings

who want to hold those responsible for failure. This can **quickly seep** into training sessions, creating cracks amongst team members and leading to you **waving goodbye to your winning mentality.**

You know your team better than anyone. **Consider your attitude** on the touchline during a match and during training, choosing your words carefully to **get the best reaction from your team.**



Pitchero

## MOTIVATING YOUR PLAYERS

**If your team suffer an unexpected defeat or go through a patchy run of form, it could prove to be difficult to keep your players motivated. Sometimes, this can be the trickiest part of being a coach, so it's important you know how to lift your team's spirits when they can't do it themselves.**

#### Extrinsic motivation

**Extrinsic motivation is the use of external factors** to encourage a player to perform or **act in the way you want them to**, whether it be positive or negative. To put this in a sporting context, Extrinsic motivation might be **the promise of a goal/try scoring bonus** or a **promotion to team captain**. More negatively, a coach might **threaten to drop a player** from their team if that certain player fails to perform.

#### Intrinsic motivation

**The Intrinsic technique is the internal desire within a player to improve, achieve and succeed.** It's your job as a coach to be able to **inflare that desire** within a player, challenging them to **become the best** every time they step onto the pitch. More often than not, the best coaches will be able to get their players motivated intrinsically, meaning the extrinsic method **doesn't need to be used**. Bare both techniques in mind when you have to pick your players up, different players will be motivated by contrasting factors and knowing what they are **will come in handy**.

## Section 3

### Mentality and Motivation

#### Create a **positive atmosphere**

**Creating the right environment is vital and it starts on the training pitch.** A positive atmosphere around the training pitch will be **reflected in the player's attitudes and performances** when it comes to both training and match days. Simple things such as **buying new equipment** and sprucing up the changing rooms or club house can be things that help **push your team forwards**.

Similarly, do you as a coach **promote that positivity** when interacting with your team? Positivity in coaching is a much more

effective method of success than being an authoritarian, hierarchical coach that doesn't **connect with their team**.

This positive environment comes from **making your club a fun place to be** and having fun is one of the most vital aspects of taking part in sport, yet one of the hardest to achieve. Challenging your players and breeding that drive and endeavour to succeed is itself **part of the fun** of taking part in sport.

#### Giving **effective feedback**

Alongside this, **an effective part of any coach's skills base should be an instinctive knowledge of when to give feedback to players**, what to say, and the right tone to use for that scenario. Giving feedback to your players can **inspire confidence and increase motivation**, reversing a lack of those things in a player and challenging them to improve during every single session. As a coach, **it will be beneficial** to know the descriptive and prescriptive feedback techniques.

#### **Descriptive feedback**

**Descriptive feedback is telling a player directly what you've just witnessed the player do** (or perhaps not do). This method doesn't include any specific requirements to be laid out but comes attached with an added connotation that the player should **instinctively pick up on**. To put this into context, a coach may use descriptive feedback to a defender

after their team concedes. The feedback here would be **"you failed to track your man."** For experienced players, this would be enough information and **an effective feedback process** because they would know where to make adjustments.



#### **Prescriptive feedback**

**Prescriptive feedback, on the other hand, does give that extra layer of insight into how to make those improvements.** Prescriptive feedback assesses the situation and offers **more detailed feedback** on how the player can adapt their game to improve their skills. So in the same situation, the coach would go into more detail about **how and why** they lost their man. For the less experienced players, **this feedback is better and can be a great aid to their game**.

As a coach, **it's up to you** to know which players will need what feedback method. You don't want to start **giving out feedback** at any given situation though, players may start to think their game is **under constant scrutiny**, which tightens them up and **eliminates the fun element** from the game.

# LET'S GET BACK TO SPORT



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