

THERE IS MORE TO BEING A COACH THAN JUST COACHING!

With the new season beginning and many clubs appointing new coaches it seems appropriate that we look at the important role you club coach(s) has/have in setting an example to all the players in the club, particularly the older teenagers and junior members. As a coach, be it a junior coach or a senior coach with a squad including teenagers, you are in a position of authority and respect. This is a responsibility that not only involves the content of your coaching, but also the way in which you conduct yourself personally and toward others.

A sport, like Korfbal, can provide a very powerful and positive influence on people, especially young people. Not only can it provide opportunities for enjoyment and achievement, it can also develop valuable qualities such as self-esteem, leadership and teamwork. These positive effects can only take place if sport is in the right hands. The following list, produced by the National Coaching Foundation identifies good coaching practice. How does your performance as a coach, or how does your club coaches efforts, stack-up against this list?

Guidelines to Good Coaching Practice

- 1.** Always putting the welfare of each player first - before winning or achieving goals
- 2.** Treating all players equally, and with respect and dignity
- 3.** Build balanced relationships based on mutual trust which empower players to share in the decision-making process
- 4.** Taking action to prevent intimate and sexual relationships developing between adult coaching/management staff and minors (i.e. people under 18). Avoid any horseplay, sexually suggestive comments or language.
- 5.** Making sport fun and enjoyable, and promoting fair play
- 6.** Keeping up to date with your coaching knowledge, skills, qualifications and insurance
- 7.** Get to know their parents/carers of the teenage and junior players in your charge
- 8.** Being an excellent role model - this includes not drinking alcohol, smoking, or using foul language in the company of young people.
- 9.** Giving enthusiastic and constructive feedback, rather than negative criticism
- 10.** Recognising the developmental needs and capacity of your players, particularly teenagers and children (e.g. avoiding excessive training and competition, not pushing them against their will).