

Coach

Qualities of Successful Youth Coaches

1. PROFESSIONAL PREPARATION

| Coaching Qualities | Examples |
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| Knowledge | Knowledge of football and ability to use it in coaching. Knowledge of coaching technique. |
| Planning | Plans for each practice. No surprises, players know where they stand in the team. Establishes rules and regulations for players. Flexible – able to handle disruption to the coaching format, playing personnel, training venues, travel etc. Players lose respect for a rigid thinker unable to change with the times. Encourages players to set personal goals. Continually seeks ways to strengthen the program. Pre-plans the use of staff and facilities. |
| Mental and Physical Well-Being of Players | Shows concern for the physical and mental well-being of the players. Is a trouble shooter – keeps on the lookout for warning signs. |

2. CONTROL OF EMOTIONAL ENVIRONMENT

| Coaching Qualities | Examples |
|---------------------------------|---|
| Self Control | Maintains self control at all times. Is stable, honest and straight forward. Maintains some distance with players while encouraging a warm congenial atmosphere. Does not play the role of a dictator and run the squad like an army drill instructor. Shows ‘strength of character’ e.g. When a key player or two is lost, the coach does not write off the season. Is not easily intimidated by disgruntled supporters. Does not become more irritable and short-tempered while coaching than at any other time. Does not give up when things go wrong during a contest. Does not hold grudges against certain players. |
| Personal Characteristics | Sense of humour and compassion. Good listening and motivational skills. Thinks clearly in pressure situations. Flexible personality – able to coach over a long period of time and cope with different individuals. A model of socially acceptable behaviour. Has enthusiasm to instil confidence in players. Assumes the role of a strong supporter of players and system. Seeks to improve. Attends coaching courses, seminars and supports accreditation. |

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3. COMMUNICATION

| Coaching Qualities | Examples |
|------------------------------------|---|
| Handling of Discipline | Keeps the team under control. Is fair and consistent at all times. Refrains from embarrassing players publicly. |
| Public and Player Relations | Leaves the door open for discussion. Holds frequent team meetings – listens to players. Keeps administration and maintenance staff informed and establishes lines of responsibility. Communicates regularly with coaches of the other clubs and the coaches association. |

4. PLAYER PREPARATION

| Coaching Qualities | Examples |
|-------------------------|--|
| Training | Plans well for each practice. Maintains variety and specificity in training. Urges players to assist each other and take responsibility during training. Provides immediate feedback following the completion of tasks. Understands the basic training routines and their relevance to team play. |
| Game Preparation | Develops strategies to cope with a variety of opposition strategies, opposition strengths and weaknesses and game significance. Effectively uses and analyses statistics. Is versed in the most effective styles of play – prepared to listen to advisors and adopt suggestions of significant others. Has extensive experience of other team styles of play. Efficiently manages post-game discussions and analysis with players, media and supporters. |
| Motivation | Accurately assesses player anxiety, mood changes, stress levels and feelings of competence. Understands the principles of arousal as they relate to player performance. Avoids holding grudges with players. Can prevent the 'stars' from becoming egomaniacs by treating them like all other players. |

5. RECRUITMENT

| Coaching Qualities | Examples |
|--------------------|---|
| Recruiting | Willing to devote time to rigorously pursue young talent. Establishes a criteria for player recruitment. |