

The coaching-style adopted by coaches will have a large impact on their athletes and teams.

Coaching style will influence the mental state of an athlete (motivation, enthusiasm, arousal, stress, etc.) through to the more technical aspects such as technique and skill development.

The class will be divided into pairs.

Each pair will be given five minutes to deliver a drill or minor game to the rest of the class.

Each pair will be given a coaching style that they will need to role play - eg : authoritarian / co-operative / casual

Once you have been allocated your coaching style, plan out your five the minute session using the worksheet/planning document attached

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