

Coaching



What is a coach/coaching?

Def:

” A coach is someone who supports, explains, demonstrates, instructs and directs others via encouragement and asking questions.”

or

“The process of being a coach, performing the functions detailed under "coach." The goal of coaching is the development, growth and success of those being coached.”



Coaching situations

- Match coaching
- Coaching in training
 - Technical development
 - Tactical training/ match training
- Player talks
- Co-coaches in your coaching team
- Talks with parents
- Player to player talks
 - Double pairs
 - Teambuilding
 - Developing a training culture

Match situation

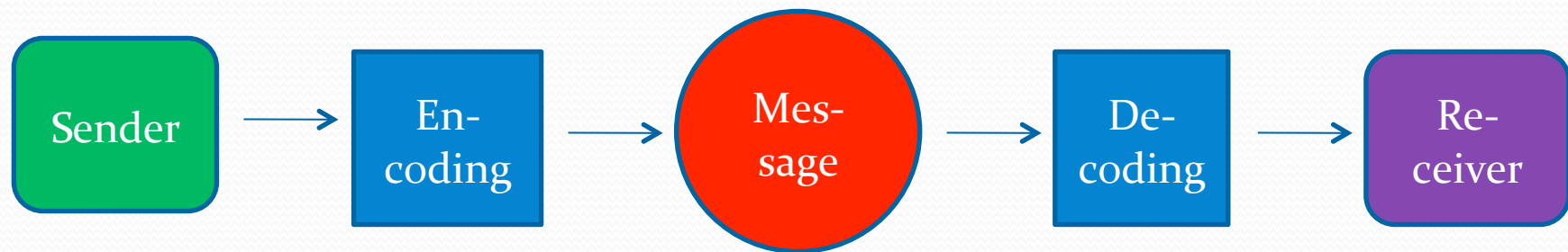
- The frame
 - Before the match: Plenty of time – but often ends up being under timepressure!
 - During a match: Under timepressure!
 - After the match: Plenty of time – but is often forgotten (by the player)!

Good habits in connection with a match

- Who is responsible?

**Independence requires, that we don't take
initiative away from the player!**

Communication-process



Encoding = decoding -> Common understanding

Coaching during a match

- Requires efficient communication
 - Precise og constructive
- Common language
 - Tacticle knowledge and understanding
- Amount of information
 - Depends on the players (1-3 informations)

Exercise – roleplay of coaching situation

- Watch half a set
- Roleplay – coaching: 90 sec
 - Roles: 1 coach, 2 players and 1-2 observers
- Constructive feedback to the coach on:
 - Communication efficiency
 - Amount of information