



COACHING & ADDRESSING THE NEEDS OF THE 21ST C. ATHLETE



COACHING STRATEGIES

1. MAKE MOMENTS FUN & EXCITING
2. CREATE A MORE COLLABOARTE ENVIRONMENT – WORK TOGETHER, NOT “TOP DOWN”
3. GET TO THE POINT = “READER’S DIGEST VERSION”
4. SPEAK THE TRUTH
5. COACH WITH PICTURES
6. EXPECT THEM TO PERFORM
7. EXPECT A LOT OF QUESTIONS
8. ORGANIZE “TEAM ACTIVITIES” AND PROMOTE “FAMILY
9. TEACH THEM HOW TO BEHAVE, WHAT TO SAY AND HOW TO RESPOND

TAKEN FROM “COACH UP – 50 RULES” – RULE #25

“MAKE IT A GREAT DAY +1”