

A GUIDE TO EFFECTIVE COACHING

Provide athletes with appropriate choices and opportunities for decision making

Keep  children busy and on task

Give clear positive instructions 

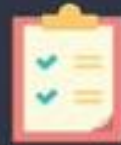
Don't keep children queuing for their turn

Make each athlete feel capable of succeeding




Be imaginative when coaching children

Planning is essential to performance



Be creative with your sessions 

Encourage and promote lifelong learning 

Keep wanting to learn



Use socratic questioning

