

EFFECTIVE COACHING MAP

Supporting coaches to be confident at what they do



KNOWING YOURSELF

KNOWING OTHERS

KNOWING COACHING

Great coaches need skills, knowledge and behaviours to coach effectively and confidently



PHILOSOPHY
& VALUES



LEADING



SELF REGULATING
& IMPROVING



MOTIVATION &
ATTITUDE



RELATIONSHIP



COMMUNICATING



CONTEXT



PLANNING &
REVIEWING



PROBLEM
SOLVING



CREATING &
INNOVATING



TECHNICAL &
TACTICAL



TRAINING &
LEARNING



To engage participants, coaches need to know how to be...

Able to articulate
'Why' they coach
and what
drives them

Confident,
empowering and
have ambition

Self-aware and
manage their
emotions and
behaviours

Person-centred,
recognising
participants needs
motivations and
aspirations

Trustworthy, build
and maintain
connections
with others

Approachable
allowing for
the sharing of
information

Supportive of
physical, mental
and social needs

Effective in
deciding how to
solve problems and
achieve goals

Proficient in
identifying,
observing and
recognising
development areas

Forward thinking
and be able to
explore fresh ideas

Knowledgeable
about the technical
and tactical
demands of the
sport

Effective in ways
that contribute
to learning and
development

Great coaches will...

Demonstrate their
values within their
coaching practice

Inspire, guide and
influence others

Commit to
reflective practice
to inform their
learning and
development

Understand the
broader impact
coaching can have
upon participants

Build rapport
respecting equality,
diversity and
inclusion

Adapt
communication
methods to meet
participants' needs

Be aware
of changes
and respond
appropriately

Plan for coaching
and review how
the plan meets
participant needs

Anticipate problems
and incorporate
solutions into
planning

Express new ideas
and solutions to
learning

Implement
decision making
skills to support
improvement

Create an
environment to
develop new
techniques
that meet safe
standards