

## **COACH SELECTION**

All parents are encouraged to coach a team within our Association. When more than one coach with relatively equal qualifications wishes to coach a team, then the coach with most number of returning players should be given the first opportunity to accept the position. Second choice is given to the senior coach.

## **COACHING QUALIFICATIONS**

Level 1 of National Coaching Certification Program is recommended for all coaches. Information on Level 1 and 2 NCCP Technical Clinics is available on the Softball BC website or contact your Coordinator. SSWRMSA will reimburse coaches 100% of fees, once they have completed a theory and/or technical NCCP Level 1 coaching clinics.

## **QUALITIES OF AN EFFECTIVE COACH**

### **Seeks Out New Information**

While a good coach knows a great deal about a sport (s)he must continue to learn and develop new training techniques. Watching videos, reading books, can also be helpful.

### **Is a Motivator**

The successful coach is a motivator with a positive attitude and enthusiasm for the game and the players. The ability to motivate and inspire is part of the formula for success. Getting athletes to believe in themselves and achieve come far easier from some coaches than others. The coach who can motivate is able to generate the desire to excel in their athletes. Motivation may mean keeping the practice fun, fresh and challenging. When motivating a player, a good coach stresses trying to reach performance goals, not outcome goals. A coach should make sure that players understand that you can completely control your own effort and training, but can't control what your opponent does or the outcome of every match.

### **Knows The Athletes**

Being aware of individual differences in athletes is also an important ingredient in coaching excellence. Individualizing communication and motivation to specific players is key to team success. Paying attention to the player's emotions, strengths and weaknesses are the responsibility of a good coach.

### **Is an Effective Communicator**

The effective coach is a coach who communicates well and exudes credibility, competence, respect and authority. A coach should be able to explain ideas clearly. Clear communication means setting defined goals, giving direct feedback and reinforcing the key messages. Acknowledging success is also essential for good communication.

### **Is a Good Listener**

Part of communicating effectively is listening. A coach should be a compassionate ear and should welcome the players comments, questions and input. The effective coach will seek out information from the players. Finally, the good coach will be flexible and will use player feedback to modify the training plan if necessary.

### **Is Disciplined**

Athletes need to adhere to a reasonable set of rules both on and off the field and if these are ignored the coach is responsible for discipline. The effective coach clearly states a code of conduct up front and adheres to it. When violations do occur, discipline should follow. Evidence supports that for discipline to effectively change behavior, it must be mild, prompt, and consistent.

### **Leads by Example**

The effective coach also leads by example. A good coach adheres to the same rules (s)he expects of the players. A coach who wants respect should also show respect. A coach who expects players to remain positive needs to display a positive attitude. A coach who wants athletes to listen will also listen to the players.

**Displays Commitment**

The best coaches are in the profession because they love it. Besides being strongly committed to the sports and success the best coaches display a clear commitment to looking out for the best interest of the individual players.

A great coach is not easy to find and requires a very unique set of talents and skills. If you are a coach, or if you are looking for one, these qualities may help you identify the strengths and weakness of typical coaching programs. It's unlikely any one person will excel in all areas, but a good coach will have many of these qualities.