

# 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 



@BelievePHQ