

# Leadership From Coaches

A national football coach conducted a sport coaches seminar recently, August 2017, in which he shared his insights on coaching in a profile sport in Australia with fellow coaches from all sport.

This coach as presenter indicated his coaching style was underpinned by **3 main pillars**:

## 1) Relationships

- Developing strong individual relationships with each player to understand their background, strengths, weaknesses.
- He saw this as essential prior to starting formal training or coaching with the group or with individual players.

## 2) Creativity

- Ensuring training is kept fresh and lively.
- Ensure the training environment is enjoyable – so that players want to train.
- Mixing up different drills and focussing on different skills.

## 3) Methodical approach

- Ensuring that training is purposeful – that all training relates to real-game situations.
- Focussing on areas that need to be improved on from previous performances – both as a group and individually.
- “The rule of don’t’s”: focus on positive reinforcement (not “don’t do this”...)
- Breaking down training into small ‘bite-sized’ activities – that players can carry with them into the next game – ensuring players are not overloaded with information.
- Be repetitive with guidance in a ‘non-repetitive’ way.

The presenter stressed the importance of **player buy-in** – getting players’ input into what works or doesn’t work for them.

When I talk, or write, of late about Energy & Attitude Coaching, I guess the above contribution from the presenter exemplifies my stance.

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Let's go bowls clubs & bowls coaches: heed what profile coaches do in their sport, leave old weary approaches back in the past.

Thank you to that bowler who shared their notes on this seminar with me.

**Lachlan Tighe, 2017.**