

The Thing About Coaching

Can you see a bit of a parallel between coaching and parenting?

Be it with players I coach or with my gorgeous little four-year-old daughter, my job, our job, is to support them (players or kids), develop them, and in so doing, allow them to experience, to make mistakes and then get together afterward, be it training or competition and talk about their experience.

For me I want them to be independent (of me) so as to, in effect, self coach in their event.

And an extension of the experience I give them is to allow others, fellow coaches or squad members, to work with the player(s) and to exchange views, standards, practices, etc. It is important as a player then in hearing different voices (same message preferably).

My other approach to coaching is once the player / team is on the field / green, let them take control, apply the training, drive the process and keep calm and composed, especially if I sit in a position quite visible to the competing player.

Post game I would be around / available to chat, importantly listen, as a support team so we can have the event debrief the next time / day in whatever form we agree to – personal meeting, phone call, email, etc.

That's my thing about coaching.

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