



Level One Coaching course notes

- Bigger picture of coaching - No tactics in this session
- How many coaches in room x 25 = ? players
- 1, 2, or 3 things heard from each speaker to make you a better coach
- Why are you here? Made to be here by club, league, AFL Vic, AFL or do you want to be educated and become a contemporary coach? “Green you grow and red you rot”
- You will be remembered
- You can make a difference in kids lives
- Bigger picture of coaching/teaching:
 - i) Benefits of sport
 - ii) Benefits of structure - We all need structure in our lives
 - iii) Gen Y Vs Gen X or Baby Boomers
 - iv) The Youth of Today (Plato)
- Communication
- Visitors - We are all just passing by
- Getting to know your players outside of the game
- Genuinely caring for your players - Bigger picture of coaching (Joyce Brown & Coach Carter re college education)
- Umpires/Administrators/Coaches/Players/Supporters - All have a role to play and very dangerous when there is cross over
- Coaching Vs riding the bumps
- Code of conduct you will sign off on as an accredited coach - conduct book re citation 1 & citation 2, club, league, governing body, mediation and de registration.
- Educated coaches are ambassadors of the game - once accredited you do hold a responsibility to be a coach the game wants and needs..... Kids should feel safe, connected, feel involved, valued, connected, belong. Never underestimate the importance of your role to make a difference in kids/adults lives
- Professionalism, humble, respected by all. What is best:
To lose but be honorable & respected or to win in poor spirit - You get more respect from losing in the right way then winning in the wrong way
- Respect/Unity/Belief

- Empowerment/Ownership/Buy In/Leadership
- Team Rules (predictable & consistent on field) V Values (point of difference, your brand - why are you any different to the other teams)
- Giesch (river, mountain & cattle truck), Welsh (Wattle park hills pre season), Hodge (Drouin park hills)
- Culture:
 - i) Team 4 x 100m runner V individual 400m runner)usually approx 60-70m faster then individual runner
 - ii) Chargers Quote 06
 - iii) Need a group who will give to club/team - what can I do to make this club a better place
 - iv) Individuals will benefit when team succeeds
 - v) “We all share the glory” - “We all share the pain”
 - vi) Coach needs to develop respect from players and members of club
 - vii) Players recognise coach as being honest and fair & from honesty comes respect
- Elements and attributes of a successful team - see sheet off leadership doc
- Benefits of an effective team - see sheet off leadership doc
- Elite coaches traits - see sheet
- Ideal coach:

One who constantly obtains the maximum potential from his players and they love the game, their team, their club and of course their coach!
- James McEllway u tube - words to describe the clip
- Tipper story and picture