

# SPORTAUS Intermediate Coaching General Principles

## Worksheet 1 – The essence of coaching

1. What types of things can a coach do to improve their coaching skills?
2. List one advantage and one disadvantage of each of the three methods of self-reflection

	Advantage	Disadvantage
Coaching diary		
Video self analysis		
Mentor coach		

3. An athlete in your squad makes a racist comment regarding one of the opposition players. What action should the coach take in this situation?
4. What are the signs of child abuse, and what should a coach do if they suspect one of their athletes is being physically abused?
5. An athlete in your squad has sustained a serious injury and will not be able to train or compete for 6-8 weeks. How should the coach deal with the athlete?
6. There is a personality clash between two athletes in the squad which has resulted in some heated words and some pushing and shoving. What should the coach do?
7. List three features of a welcoming and supportive environment.
8. How can coaches meet and balance the needs of the individual as well as the needs of the group?

9. How can coaches communicate their coaching philosophy to athletes and establish a mutual direction?

10. What are some of the important broader roles of the coach?

**Marking use only:**

Assessor name:

Date:

Satisfactory completion of all questions

Needs to re-submit answers to the following questions: