

The Rugby League
Coach Education Programme

The Think Coaching E-Link



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ARTICLE 1

Coaching Qualities

By Ray Unsworth

Contrary to popular belief, consistently successful teams don't just come to the fore because they include in their starting line ups skilled athletes and or superior players.

Although skilled players are undoubtedly a major factor to any successes achieved, the roles and the qualities exhibited by the coaches involved with such players/teams upon close scrutiny unearths many commonalities also.

Successful coaches share certain traits and characteristics amongst them;

Approachability and empathy

Coaches don't have to 'drop their guard' to show that they too are human beings, finding time to input into the playing dynamic their own sense of humour by sharing with the players a laugh once in a while isn't a crime, and experienced coaches can and do inject their unique and unbridled enthusiasm for the game, by ensuring that preparation and player involvement is always an enjoyable experience.

They also are quick to reward and acknowledge not only the sporting prowess of the players they are involved with but also display an appreciation of the personal qualities that each exude as people, actually caring about their players and not just concerned about their athletic abilities and value to the team.

Honesty And Consistency

You can't put a price on integrity and loyalty both are critically important ingredients in a coaches make up. Up front honesty and consistency in all their dealings with players is another element that is evident and shared by successful coaches.

Successful coaches will lead by example in setting the tone and in building the environment, should you 'dig deeper' you will find that it is part of their overall philosophy and ultimately recognition of such traits is what contributes to building coaching reputations.

Work Ethos

Putting in the time and effort, going the extra mile and having a strong work ethic are qualities that can not be overemphasized. The sum totals of the time 'put in by the coach should always exceed the effort demanded from their players. Coaches should continually 'make the play', raise the bar, cajole, create and implement and insist on a solid work ethic as a pre requisite and yet another vital ingredient in achieving objectives and ultimately creating success.

Communicator

The ability to 'get the message across in any forum whether it is with players, staff parents, or a fan alike is also an attribute that most successful coaches possess.

Successful coaches can always be found at the forefront of the people business, exchanging ideas, imparting knowledge, giving direction, encouraging players and staff alike to attain their individual targets and in doing so contribute towards reaching the club/teams stated aims and agreed goals.

Good Organizational Skills

To be effective as a coach or leader requires organisational skills in abundance covering an whole range of disciplines that make up the coaching, playing and general club environment.

The obvious that springs to mind would be the daily, weekly and monthly rosters that make up the short term, culminating in the precise and detailed longer term periodised plans that cater for all aspects of preparation and in doing so are reflective and supportive of the group / team / clubs potential for achievement in greater detail.

Knowledge Seekers

True senior coaches possess in depth knowledge in all aspects of the sport.

With learning most certainly having a 'start point' but in terms of delivering a service to their players, then no end to their own personal development and quest to continually improve what they do or offer is in sight.

All great coaches will remain constantly open to new ideas, are capable of thinking outside the box, innovative and ever determined to grow.



Recognising Coaching Qualities

By Haydn Walker

A coaches philosophy grows as a based upon all previously experience. What has been learned, what has been observed and what information gathered from various sources will all impact on refining and defining a coaches philosophy.

In addition a coaches knowledge of the qualities needed to be an effective coach along with an understanding of how his or her personality traits impact upon their coaching will greatly influence how a coach develops.

Qualities of a Coach

1. Allow their human quality to show empathy for individuals (emotional commitment) genuine concern for individuals proper display of anger, sorrow, and tenderness if needed as well as toughness and aggressiveness.
2. Having well thought out reasons for everything one does as a coach
3. Possess an intense and continuing interest in the overall development of each individual.
4. Respected
5. Ability to motivate people
6. Dedicated
7. Disciplinarian
8. Ability to identify goals
9. Salesperson
10. Ability to evaluate and/or recognize talent
11. Improviser
12. Enthusiastic
13. Intense desire to WIN
14. Good work ethic
15. Technical knowledge of the game
16. Intense dislike for mediocrity
17. Understanding of growth and development patterns for appropriate age group (LTAD)
18. Awareness of the factors that make a difference between winning and losing
19. Organiser
20. Command of the English Language
21. High moral standards
22. Honest
23. Ability to conduct oneself with dignity
24. Ability to have the courage to stand up for their beliefs
25. Consistent
26. Ability to show humour

Personality Traits

Positive traits

1. Leader
2. Sense of Humour

3. Friendly
4. Forceful/Dynamic
5. Good Appearance
6. Honest
7. Industrious
8. Reliable
9. Emotional Stability
10. Loyal
11. Persistent
12. Accepts Responsibility
13. Ambitious
14. Creative
15. Optimistic
16. Organiser
17. Understanding
18. Co-operative
19. Able to delegate
20. Possesses self-discipline – cool under pressure
21. Ability to Trust

Negative Traits

1. Sensitive to criticism
2. Disloyal
3. Unwilling to delegate or empower
4. Overly Critical
5. Poor work ethic
6. Poor Disciplinarian
7. Emotional and irrational under pressure
8. Selfish
9. Worrier
10. Discourteous
11. Aloofness
12. Vulgar
13. Physical

The above lists are not by any means exhaustive but they are a good starting point for any coach who wishes to reflect upon where they are as a coach what areas they need to develop to become more effective.

The Rugby League Coaching Magazine website has a wide variety of products that are useful for coaches. They can be contact via this link <http://www.rlcm.com.au/home.htm>

Drop us a line at haydn.walker@rfl.uk.com

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