

## Unit V: Coaching

Three areas involved with coaching:

1. Role of coach
2. Types of coaches
3. Ethics in coaching

The success of athletic programs is directly proportional to the capabilities of the coaches involved. Competitive levels at all ages vary greatly, however, the role of the coach and the ability to get the most from the participant, is the main factor, which determines success.

What makes coaches successful? What are their qualities? What are the different types of coaching styles? A coach must organize a personal philosophy of coaching and determine the best way to conduct the program.

### A) Roles of the Coach

1. Teacher: a) image b) verbal communication c) non-verbal communication
2. Discipline
3. Salesperson
4. Public Relations
5. Guidance Councilor
6. Organizer
7. Example
8. Psychologist
9. Judge and jury
10. Leader
11. Mother/Father figure
12. Actor
13. Fund Raiser
14. Equipment Manager
15. Trainer

-Think about each of these roles. How and what does a coach do to fill those roles?

### B) Five Types of Coaches

1. Idealists
2. Rolling Stones
3. Climbers
4. Ambitious Coaches
5. Hanger-ons

UNIT V  
COACHING  
PRACTICAL SUGGESTIONS AND NOTES

FIVE TYPES OF COACHES

1. Idealists
  - enjoy coaching and have deep convictions concerning the value of athletics and fair competition.
  - more concerned with teaching values than taking advantage of a rule book.
  - winning or losing is not the end of the world.
2. Rolling stones
  - always searching for that "better job".
  - move around a lot - no real loyalties to any school or community.
  - no apparent goals in sight, except personal achievement.
3. Climbers
  - main goal is to reach the top of their coaching profession.
  - will do anything to win (ethics is only a word in the dictionary).
  - they believe a winning record is the only way to the top.
  - they use schools and youngsters for their own benefit.
  - their team comes first; everything else is secondary (teaching, values, family, religion, etc.).
4. Ambitious coaches
  - combination of first 3.
  - must be ready to move when a situation presents itself.
  - set reasonable goals for themselves.
5. Hangers-ons
  - thrive on ego
  - like the name "Coach".
  - don't really like the job but don't want to lose their title.
  - very afraid to give up coaching because they have been coaching so long.

### C) Ethics in Coaching

Throughout the world of athletes, sportsmanship and ethics have become synonymous. Everybody has their own definition of what a good sport is, and what constitutes ethical behavior. Here are some definitions of ethics:

1. A set of moral principles or values.
2. Conforming to accepted professional standards of conduct.
3. Principles of conduct governing a group or an individual.

Ethical behavior on the part of a coach not only involves observing the rules of a particular game, but more importantly, it involves a level of conduct according to the true spirit of the game, or the unwritten rules that are an integral part of every sport.

The fact is that sports can provide one of the greatest opportunities in school for a student to learn how to be dishonest, how to cheat, how to be hypocritical, and how to be unethical. On the other hand, athletic participation also provides one of the greatest opportunities to learn honesty, integrity, dignity, the need to obey rules and ethical behaviors. They must be taught right from wrong and it is the coach's responsibility to do so.

## Coaching Questions

1. What do you think would be some typical problems that would develop between coaches and their administrators?
2. How could a coach gain support from parents and fans? Is it possible to gain total support from these groups?
3. Why do people become coaches?
4. Do you think coaches should be paid? Are some paid too much?
5. Should a coach have the final say in how their athletes behave? Professional athletes? High school athletes?