



Coaching towards Success: Roles & responsibilities of a Coach

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Abstract

These days there are several responsibilities that a coach delivers. He would be an enormous pillar of strength for the team. He plays a great role in the overall performance of his team. A good coach lifts the team towards success while a bad coach accuses the team for its under performance. This paper examines the importance of the coach in the team performance in the light of rising importance attached to sporting events in these days. There have been several accusations about the over or under performances of the team being accredited to the coach, the varied attributes a coach can deliver also varies.

Key words: coach, performance indicators, team building, application of judiciousness, success patterns

“Everyone needs a coach. It doesn't matter whether you're a basketball player, a tennis player, a gymnast or a bridge player”- Bill Gates

Introduction

The people interested in coaching vary in their personal capabilities but each one of them can become a good coach if he fulfills certain personal attributes. **Prerequisites for a Coach** - A person can become a good coach if he fulfills certain prerequisites

1. He should be a good motivator & Stimulator
2. He should be a good presenter with good skills
3. He should be a knowledgeable
4. He should be a Good communicator: This communication underlies not only communicating with team members but also communicating with fellow

members such as employer , staff , organization club ,parents , government officers media spectators shareholders press society.(Richard Luecke- Coaching & Mentoring 2013) .

5. **Should be fair & simple:** the prerequisite of a coach is his power to reason & his judicious nature. He should treat his team mates as his best friends. One major criticism of coaches is that they want to be friends with the players so they engage in informal chats about girlfriends and nights out, some with players as young as the age of six.(Richard Luecke- Coaching & Mentoring 2013)

6. **Need for research:** coach should employ himself in constant



research & innovation he should open up to new methodologies in successful sporting. This demands persistent research. A coach should implement these research.

7. **Should listen to suggestions:** He should embrace suggestions & advice provided by others. He should welcome advices for the better performance of the team. These methodologies will help in improving & enhancing the individual performance enjoyment safety (David Halberstam- The Education Of a Coach 2006).

8. **Need to incorporate new adaptations:** A coach should look at other alternatives provided by other stake holders & hence he should open up he should be willing to embrace incorporate changes. He should know the new changed concepts can help him & his team to boost up. He should make the team members or convince them to listen to new adaptations.

9. **Should listen to criticisms:** He should receive advice seek criticism & open minded in order to put forth successful performance. A coach is not only answerable to the organization but he is answerable to the whole community. The desire to learn should be there because no knowledge is complete without persistent learning. (David Halberstam- The Education of a Coach 2006). By listening to other's ideas he will be not only enhancing the abilities of the team members but he will also be helping himself towards greater competence (Richard Luecke- Coaching &

Mentoring 2013) Should be fair & equal- A coach should be very fair & equal in his attitude children & adolescents easily become target of discrimination & unfairness. He should administer rules & regulations properly. He should be equal treatment towards all players in his team. Discrimination on the basis of race, caste, creed, sex, age, experience, affinity, color, etc should be abandoned. A coach should know the impact of discrimination on young minds takes a toll if neglected. Discrimination in the form of jokes, remarks, statements, advice, suggestions should be avoided.

10. **Should be affirmative:** Offensive statements which can affect player's motivation ability performance should be avoided. A coach should know some players in the team are ego oriented, experienced self-prefer & self-centered he should handle all of them critically & equally. There are some players in the team who expect preferred player treatment.

11. **Should be accountable to community:** A coach should be approachable to all stake holders (David Halberstam- the Education of a Coach 2006).

12. **Should be enduring & tolerant:** A coach should not forget that players need time to adjust themselves to play rules attitudes they need time to adjust to new play rules they need to undergo a learning process & every individual learns at different rates & at different speeds. (David



Halberstam- The Education Of a Coach 2006). A coach should know that some players are quick to learn while others are slow to learn some of them need repeated demonstrations coaching & trainings they take their own time to comprehend so adequate planning is required to prepare them

13. **Should be optimistic:** A coach should be optimistic about his team; learning capabilities & performance speeds .he should not feel let down if his team fails to register victories at a desired rate. Throwing tantrums, sulking, snap is not the answer. Impulsive behavior spontaneous reactions should be limited (David Halberstam- The Education Of a Coach 2006).

14. **Should exhibit balanced attitude:** A proper distance should be maintained from players. Too much inclusion of player by the coaches may affect negatively on player's performance. Although it is appropriate for a coach to maintain a degree of separation from the players it is also imperative that the players feel that the coach is approachable. So that when a player wishes to express concerns or fears they know that their coach is willing to listen and offer a warm, helping reception. It is common within society that humans will seek advice and guidance from those they feel close to and/or respect. This leads to the possibility that some players will approach the coach with questions and queries about all kinds of issues. The coach should be able to interact

with the player so that they are capable of aiding them as an individual and as a performer, some topics may include;

Criticisms against coach: coaches are criticized for their

1. Egoistic Behavior ,
 2. Failure To Embrace To New Adaptations,
 3. Inaccessibility ,
 4. Lack Of Mental Preparation ,
 5. Lack Of Orientation ,
 6. Lack Of Research In The Field ,
 7. Lack Of Stimulatory Attitude ,
- Etc.

(Richard Luecke- Coaching & Mentoring 2013)

Responsibilities of a coach

Through the combination of a coach's characteristics and roles it is possible to create a list of the key responsibilities of a coach. (David Halberstam- The Education Of a Coach 2006).

- To educate players through communicating ideas and concepts
- To improve players technical ability by applying knowledge and skills
- To Promote fair play and laws of the game
- To Gain trust of players, parents and fellow employees
- To Establish and outline realistic goals and objectives
- To Continually learn
- TO Delivering and controlling sessions in an organized, effective and, most importantly, safe manner



A coach should is not only responsible to his team bit he is accountable to the whole society. All the stake holders look forward to a good personality of a coach as they are answerable to the whole community. As John wooden opines “Each member of your team has the potential for personal greatness; the leader’s job is to help them achieve it.”. Thus a coach has to have the willpower to achieve the best from his team mates & he should not submit to any type of pressure.

Conclusion:

Thus coaching as an occupation seems a overwhelming task as it demands separate requirements & demands. India being a culturally plural country player’s hail from various ethno- cultural backgrounds & comprehending their requirements & coaching them through is naturally a difficult task. Sporting events have become a glamorous profession & coaches are weighed with greater responsibilities. Successes are credited while failures are condemned. Even the society looks

at this profession in a different angle every coach is different every game is different. As in every profession there is a room for upgrading & constant research in this profession as well. With a good admixture of vision & patience this profession can become a more celebrated profession. Only thing is that coaches need lots of patience, commitment, determination, strength of mind & perseverance towards their profession.

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