

Coaching styles

Here are 3 styles that are used in coaching:

Command style

This is an autocratic way of getting your point across. It is bossy and to the point. No asking questions, simply telling players what you think and how to do things. Although this sounds overpowering it has its uses, especially when giving half-time team talks when there is not much time to analyse.

The command style is useful when initially stamping your authority on a group of players and can be used at your discretion when you feel order needs to be attained.

Question and answer style

This is a democratic way of coaching and relies on the players responding to find the answers to the questions that you are asking them. It is used primarily when coaching kids and has the benefit of raising their confidence when they answer correctly and makes them feel involved.

This style is still used in the professional game as well, as it is a way of getting feedback from your players and seeing their point of view in various situations on the pitch.

Guided discovery style

This is basically a step further from the '*question and answer*' style as you allow the players to show you instead of telling you.

Again, this is primarily used when coaching kids and is a great way of increasing participation and confidence within the group you are coaching. Instead of squeezing answers out of your group, you will let them actively show you the answer to the question you are posing.

Summary

All in all, it is a combination of these styles that will bring you most success when coaching your group of players and your discernment and experience will help you decide which styles to adopt and when. Your decisions will be based on and influenced by the group's age, ability and attitude.