



LIVING VALUES AS A COACH



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As a Coach it is important that you demonstrate **Empathy-Ngākau aroha**, **Trust-Ngākau pono** and **Communication-Whakawhiti kōrero** in your behaviour and in the ways you coach. Players quickly identify if you coach in a 'do as I say not as I do' way.

Below is a simple **'Keep – Stop – Start'** table that you could use to help your focus on coaching leadership. While there are some suggestions included, you should adapt as necessary for your own coaching situation.

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| <p>Keep doing this</p>  | <ul style="list-style-type: none"> • When you say you are going to do something for the team or Players, ensure you follow through. Or if it doesn't happen, provide an explanation. (Trust and Communication) • Be aware of how the Players are reacting to different situations and respond in ways that support them. This can be especially important for things that happen outside of the sporting situation. If a player is struggling with a personal situation let them know you understand. (Empathy) • Be clear with what you want Players to think about during the game (Communication) |
| <p>Stop doing this</p>  | <ul style="list-style-type: none"> • Making jokes at the expense of Players (Empathy) • Telling the Players you will do something, and then not doing it. (Trust) • Telling the Players to concentrate on one aspect of the game, and then criticizing them for how they performed in something different. (Communication) |
| <p>Start doing this</p>  | <ul style="list-style-type: none"> • Check for understanding when communicating with the Players, - "what have I asked you to concentrate on in this game?" (Communication) • Checking in with a Player who appears to be upset when they arrive at practice - how are things with you today? (Empathy) • Encourage all of your Players to develop confidence in themselves and each other by offering them opportunities to lead games (refer to How To Develop Player Leadership) (Trust) |