

# UNDER PRESSURE

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## THE ROLE OF THE COACH IN YOUTH SPORTS

### SHAPING THE SPORTING EXPERIENCE

Coaches are more than just teachers of technical and tactical skills. They influence personal growth and psychological well-being of young athletes. A coach can be a source of inspiration, confidence, and motivation, or contribute to a stressful and negative environment leading to dropout.

### KEY RESPONSIBILITIES OF A GREAT COACH:

#### **Create a Positive Environment:**

Foster trust, respect, and encouragement.

#### **Support Holistic Development:**

Focus on athletes' mental, emotional, and physical growth.

#### **Promote Balance:**

Encourage enjoyment, effort, and teamwork over results alone.

#### **Be a Role Model:**

Demonstrate sportsmanship, resilience, and integrity.

#### **Recognize Their Impact:**

Understand the lasting influence of their actions and words.

 **A great coach doesn't just build athletes, they build people.**



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## COACHING STYLES AND THEIR IMPACT

### DIFFERENT COACHING STYLES EXPLAINED

The Best Coaches Combine  
Styles  
Balance structure and  
flexibility.

Adapt their style to athletes'  
needs and situations.

Create an environment  
where athletes feel heard,  
valued, and motivated.

 A successful coach adapts, inspires, and supports every step of the way.

#### 1 AUTHORITARIAN

DESCRIPTION: STRICT RULES, NO DISCUSSION, RESULTS-FOCUSED.

IMPACT: QUICK DISCIPLINE AND RESULTS BUT INCREASED ANXIETY, LOW CREATIVITY, AND RISK OF BURNOUT.

#### 2 INFORMATIVE

DESCRIPTION: DETAILED EXPLANATIONS, FOCUS ON UNDERSTANDING TACTICS.

IMPACT: IMPROVED KNOWLEDGE BUT POTENTIAL INFORMATION OVERLOAD AND STRESS.

#### 3 PARTICIPATORY

DESCRIPTION: ENCOURAGES ATHLETES' INVOLVEMENT IN DECISIONS.

IMPACT: BOOSTS AUTONOMY, RESPONSIBILITY, AND INTRINSIC MOTIVATION.

#### 4 SOCIAL

DESCRIPTION: EMPHASIS ON TEAMWORK, MUTUAL RESPECT, AND COHESION.

IMPACT: BUILDS TRUST, REDUCES STRESS, AND FOSTERS POSITIVE CONNECTIONS.

#### 5 DRIVEN

DESCRIPTION: PERSONALIZED SUPPORT TAILORED TO INDIVIDUAL GOALS.

IMPACT: ENHANCES SELF-CONFIDENCE BUT REQUIRES SIGNIFICANT COMMITMENT FROM THE COACH.



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