

# Utilizing Different Coaching Styles for an Effective Team

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# Coaching Styles

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Different strokes for different folks. Corny but true. We are not all the same when we are born and we continue to change throughout our life. As each athlete grows, matures, and develops skills so does their need for varying coaching styles. Know your athletes and coach to their needs.

# Coach-Athlete relationship

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Attachment Styles Within the Coach-Athlete Dyad:  
Preliminary Investigation and Assessment Development by  
Louise Davis, Northumbria University and Sophia Jowett,  
Loughborough University Journal of Clinical Sport Psychology 2013

- Attachment theory
  - Secure
  - Avoidant
  - Anxious-ambivalent
- Bond stronger and wiser
  - Secure base
  - Coach as attachment

# Leadership Styles

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“Leadership is less about your needs and more about the needs of the people and the organization you are leading.”  
The Wall Street Journal Guide to Management

- Visionary
- Coaching
- Affiliative
- Democratic
- Pacesetter
- Commanding



# Novice

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## Characteristics of a novice group coach

- Caring
- Supportive
- Encouraging
- Understanding
- Show and tell expert
- Fun
- Teacher- Good communicator

# Age Group



# Age Group

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- Age group athletes are either competing or ready to compete in the four competitive strokes.
- Characteristics of an Age Group Coach
  - Encouraging
  - Supportive
  - Interactive
  - Inspirational
  - Empathetic
  - Excellent communicator



# Senior Development

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- Senior Development athletes
- Characteristics of Senior Development coach
  - Supportive
  - Demanding
  - Empathetic (knows athlete)
  - Motivator
  - Excellent communicator



# Senior

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- Senior athletes are Sectional level or near Sectional level through athletes in high school at National level
- Characteristics of a Senior coach
  - Democratic
  - Empathetic
  - Goal oriented
  - Demanding
  - Develops motivational environment
  - Excellent communication skills

# LSC Zones or All Star Coach

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- Supportive of club coach
  - What does your club coach say about that/what are you and your club coach working on?
- Enthusiastic
- Great communicator
- Organized
- Flexible
- Fun
- Inspirational

# Oklahoma Swimming 2015 Central Zone Multicultural Meet Champions



