Utilizing Different Coaching Styles for an Effective Team

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Coaching Styles

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

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

“Leadership is less about your needs and more about the needs of the people and the organization you are leading.”

- Visionary
- Coaching
- Affiliative
- Democratic
- Pacesetting
- Commanding
Novice

Characteristics of a novice group coach

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

• 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

• Senior Development athletes

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

- 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

- 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