



The values of sports as the foundation for good coaching

- Joy, excitement and passion
- Strive for excellence and to continuous self-development
- Trying and perseverance
- Respect and fair play
- Acting together

VALMENTAJALLAONVÄLIÄ

HYVÄVALMENNUS

VALMENTAJUUS

COACHMATTERS

GOODCOACHING

COACHING



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Conditions for good sports

Every individual has the right to:

- experience joy from doing sports
- be treated equally
- act in a safe environment and atmosphere
- take part in a fair game in which one competes and acts according to the rules and does one's best so that the outcome will be fair
- act in accordance with one's own goals and starting points and become valued
- take part in healthy and clean sports
- bring forth any grievances

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