



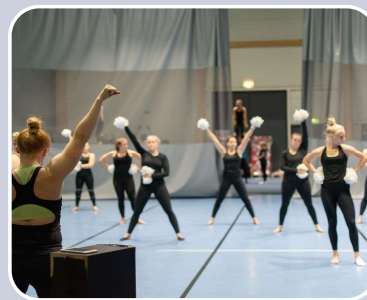
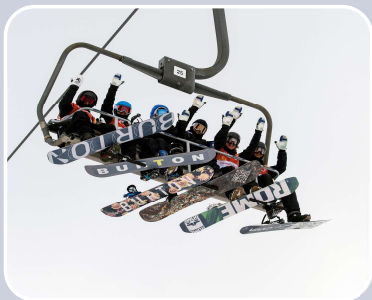
SUOMEN
OLYMPIAKOMITEA

RESPONSIBLE COACH - SEMINAR FOR YOUNG COACHES 21.3.2022

KATJA KYCKLING
FINNISH OLYMPIC COMMITTEE



Responsible coach online course



Welcome to the course!

- Course objectives
- Study instructions

Coach matters

- Foundations of coaching:
- Principles of good coaching
 - Roles and tasks of coaches across the different stages of sports

Coach's responsibilities

- The coaching framework:
- Rules governing sports

Safety in coaching

- Physical, psychological and social safety
- Inappropriate behaviour in sports

Course summary

- Revision and self-assessment
- Commitment
- Certificate
- Course feedback

OPPIMISAREENA.FI



The goals...



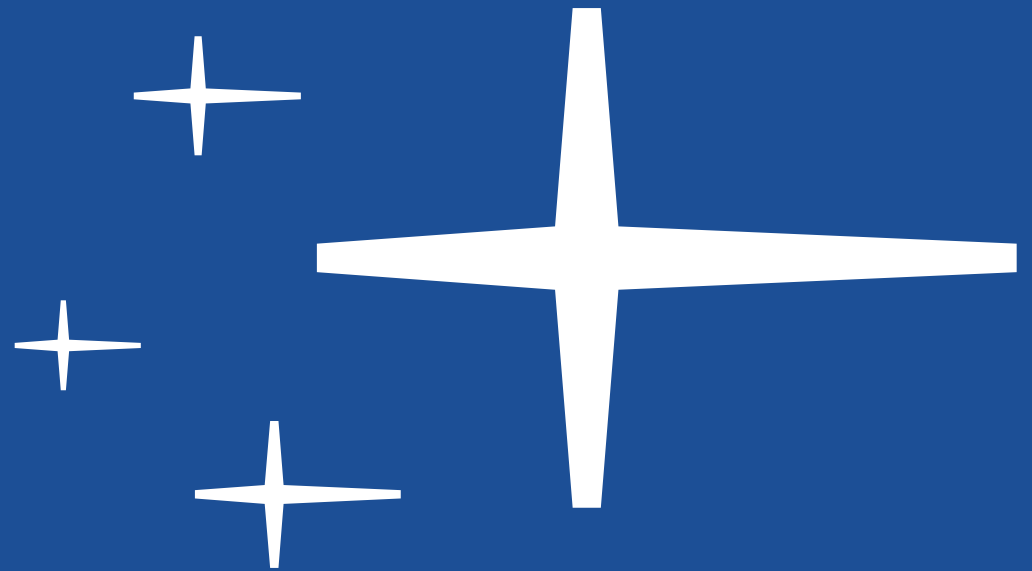
... understanding the principles of good coaching.

... describe the main roles and tasks of coaches in different stages (children, youth, top athlete, adults/seniors).

...understanding coaching framework and your own role within it.



Coach matters – good
coaching



How many of you coach / train... (raise your hand)



- a) children (~under 12 years of age)?
- b) youth (ages ~13 - 18)?
- c) top athletes?
- d) adults / seniors?
- e) I am not coaching now.



Coach, you are important!



Coaches play an important role in people's sports careers and physical activity. While parents, teachers and managers do important work at home, in schools and workplaces, coaches do the work in the field of sports. It is not irrelevant how you coach and act in your environment.

Coaches matter!



What is good coaching?



What is good coaching?



- Coaching of a person in both individual and team sports
- Helping athletes to develop towards their own (and team's) goals
- The athlete is at the center
- Interactive
- The athlete is involved in the coaching process
- Continuous learning (coach and athlete)



The coach's role involves responsibility

The coach-athlete relationship is a **trust-based interpersonal relationship, power relationship** and **contractual relationship**. Both have rights and duties towards one another. These rights and duties vary depending on the stage of the athlete's or participant's path.

The coach must recognize her/his own role as a coach. The coach's role always entails responsibility and power, which must be carried and exercised appropriately.



Coaching athletes in different stage



Children's sports



Youth sports



Elite sports



Adult sports /
physical activity

Objectives and coaching in children's sports



Objectives and coaching in youth sports



Objectives and coaching in elite sports



Objectives and coaching in adult sports / physical activity



Teamwork



1. Children's sports



2. Youth sports



3. Elite sports



4. Adult sports /
physical activity

Teamwork - questions

1. What are the main goals of coaching?
2. To implement good coaching at this stage, what does this require from the coach?

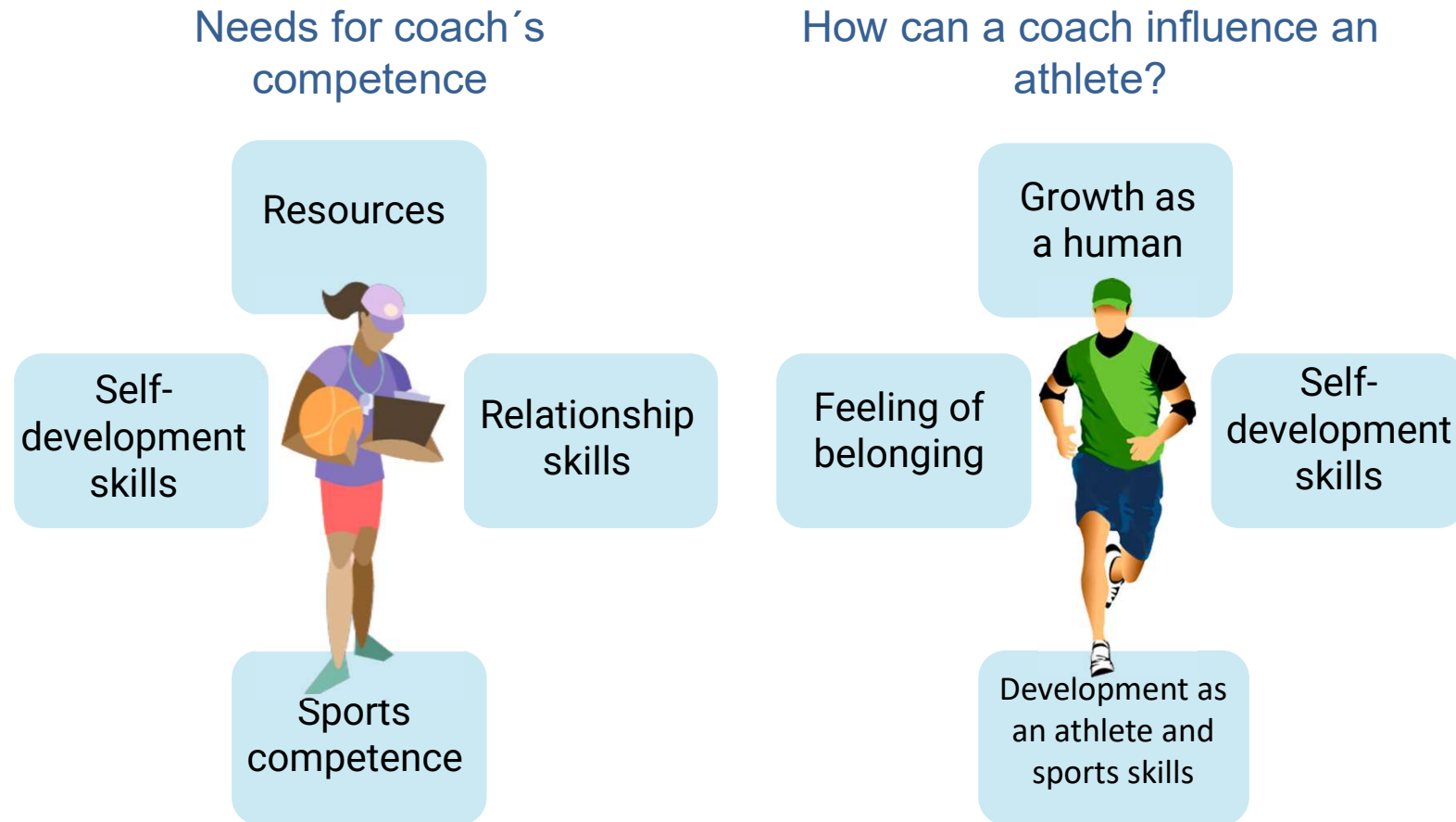
e.g. knowledge, skills, behaviour, actions, attitude, cooperation...

-> write your group's answer on the paper

-> be prepared to introduce the answers briefly



Finnish model of coaching skills



Ref: <https://www.olympiakomitea.fi/huippu-urheilu/osaamishjelma/valmennusosaaminen/>





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

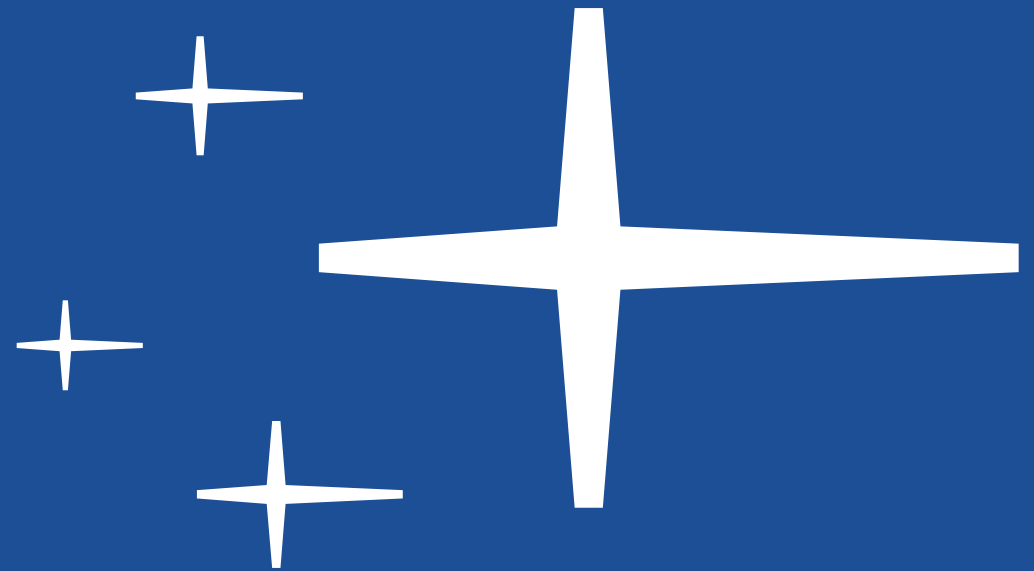
VALMENTAJALLAONVÄLIÄ

HYVÄVALMENNUS

VALMENTAJUUS



Coaching framework- coach's responsibilities



The coach as an influencer

Sports and physical activity are relevant to practically everyone. Athletes, coaches and everyone involved in sports play an important role in communicating and creating responsible and ethically sustainable practices in sports and society at large.

In all our activities, we adhere to current legislation, the rules of sports associations and the relevant regulations, codes of conduct and guidelines, as well as general social norms.



The responsibility framework



Me as a coach

1. Take a moment to think how you as a coach promote respect and fair play?
2. Share your thoughts with friends at your table.
3. Prepare together to share one thing with others.



VALMENTAJALLA
ON
VÄLIÄ



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

VALMENTAJALLAONVÄLIÄ

HYVÄVALMENNUS

VALMENTAJUUS



Coach!

**You are important and you can
always make the choice for
good sports!**

