

FIVE BASIC TYPES OF COACHES

NORM JACKSON

HARD-NOSED COACH

- BELIEVES STRONGLY IN DISCIPLINE
- RIGID ABOUT SCHEDULES
- VERY WELL ORGANIZED
- ENFORCES RULES
- USES THREATS TO MOTIVATE
- DOES NOT GET PERSONALLY CLOSE TO PLAYERS
- TEAMS USUALLY WELL-ORGANIZED

NEGATIVE POINTS: DISSENSION AND UNNECESSARY TENSION OCCUR WHEN THINGS ARE NOT GOING WELL BECAUSE OF COACH'S INABILITY TO HANDLE SENSITIVE PLAYERS.

NICE-GUY COACH

- PLAYERS WANT TO PLAY FOR HIM
- USES POSITIVE MEANS TO MOTIVATE HIS TEAM
- OFTEN EXPERIMENTS
- HIS TEAMS ARE RELAXED AND COHESIVE

NEGATIVE POINTS: CHARACTERIZED AS WEAK BECAUSE HE CANNOT HANDLE PLAYERS WHO TAKE ADVANTAGE OF HIM.

INTENSE, DRIVEN COACH

- CONSTANTLY WORRIED AND PUSHES HIMSELF
- SPENDS HOURS ON PREPARATION
- CONSIDERS SETBACKS AS PERSONAL AFFRONT
- HIS DEMANDS MIGHT BE UNREALISTIC AND HIS TEAM MIGHT BURN ITSELF OUT BEFORE THE SEASON ENDS OR BEFORE CRUCIAL GAMES.

NEGATIVE POINTS: INTENSE INVOLVEMENT OFTEN LEADS TO EMOTIONAL DISPLAYS, WHICH TEND TO EMBARRASS THE PLAYERS, THE TEAM OR ORGANIZATION.

EASY-GOING COACH

- **DOES NOT TAKE THINGS SERIOUSLY**
- **GIVES THE IMPRESSION THAT EVERYTHING IS UNDER CONTROL**
- **HE PUTS LITTLE PRESSURE ON THE TEAM**
- **PLAYERS DO NOT COMPLAIN**
- **PLAYERS FEEL RELAXED AND FREE TO QUESTION AND OFTEN BENEFIT FROM UNINHIBITED DISCUSSIONS**

NEGATIVE POINTS: TOO CASUAL ABOUT TRAINING AND PRODUCES A TEAM THAT IS NOT FIT. THE COACH ALSO PRODUCES A TEAM THAT OFTEN PANICS WHEN UNDER PRESSURE.

BUSINESS-LIKE COACH

- **USES SHARP LOGIC AND INTELLECT TO RESOLVE PROBLEMS AND OUTGUESS THE OPPONENTS.**

NEGATIVE POINTS: LACKS COMPASSION. HE IS UNABLE TO MOTIVATE HIS TEAM EMOTIONALLY AND HAS LITTLE RAPPORT WITH PLAYERS WHO NEED HIS SUPPORT AND ATTENTION.

❖ **ALL OF THE ABOVE TRAITS CAN BE FOUND IN DIFFERENT COMBINATIONS IN EACH COACH. THERE IS NO SINGLE COACHING STYLE THAT CAN BE HELD AS PERFECT. ELEMENTS OF EACH STYLE CAN FIND A PLACE IN HANDLING PARTICULAR SITUATIONS OR PLAYERS. IF A COACH PAYS ATTENTION TO DETAILS; IS REALISTIC IN SETTING GOALS; IS KNOWLEDGABLE ABOUT SOCCER AND APPLIED PSYCHOLOGY; IS SENSITIVE TO PLAYER'S NEEDS; CAN BE STRICT WHEN NECESSARY; HAS LEADERSHIP ABILITY AND POSSESSES SELF-CONFIDENCE AND ABOVE ALL, CAN TEACH AND MOTIVATE THEN THAT PERSON MAY BECOME A SUCCESSFUL COACH.**

