

# Player-centred Coaching

BY THE END OF THIS COURSE YOU SHOULD BE ABLE TO:

- Differentiate between coach-centred and player-centred coaching
- Explain the differences between the art and science of coaching
- Apply player-centred coaching principles to enhance player/team performance

## WEEK 1: ART AND SCIENCE OF PERSON-CENTRED COACHING



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### Getting started

Develop your knowledge and understanding of player-centred coaching to improve performance.



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### The importance of review

Examine how review allows both the coach and the players an opportunity to reflect on performance in order to improve.



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### Success and failure

Explore how the method of review can impact the team's success or failure, by encouraging development and learning or damaging self-esteem.

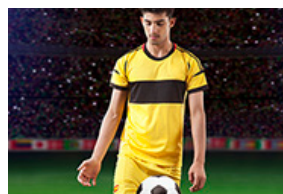


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### Weekly wrap up

Reflect on key principles and insights, check your understanding, and discover what's coming up next week.

## WEEK 2: A PLAYER-CENTRED APPROACH TO THE PLANNING PROCESS



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### Welcome to week 2

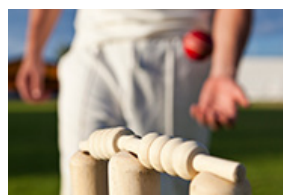
Examine how to incorporate both the team's and the individual's goals into the planning process, and discuss the benefits of focusing on our strengths instead of the opposition's weakness.



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### Planning: opponents, conditions, own game

Examine the critical elements and benefits of planning using a player-centred approach.



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### Personalising planning

Identify ways to align personal and team goals to enhance performance.



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### Wrap up: reflection and integration

Reflect on what you've learnt in Week 2 and integrate your learning from across the course.