

Developing High Performance Coaches

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High Performance Coaching Manager

April 2011



one team. one mission.
best prepared for 2012

uk sport | *coaching*

Working in collaboration with sports and key partners to provide a range of tailored professional development opportunities to support World Class Coaches

My Role (40 + 32)

- Designer
- Coaching coaches
- Mentoring developers
- Programme director
- Coach Educator
- Camera man
- Client manager
- Specialist
- UK Sport Coaching
Team Tea Boy

What's it all about

Impact

Effective
Development

Credibility

Expertise

My personal development

- Fleet Air Arm and Army
- M.Sc. Sport psychology
- 12 years experience as a HP developer
- Lots of coaches
- Academics & UKCCE/Leeds Met
- Personal network I can talk to
- Challenge of my work
- Review & feedback

Philosophy

Coach the athlete to become their own coach:

- Underpinning principles-
 - learning,
 - skill acq & decision making
 - physiology,
 - motivation

Development Projects- Embedded CDP

- **Coaching Health Check**
- **Programme design**
- **1 to 1:**
 - **Needs analysis interview & PDP**
 - **Mentoring/coaching coaches**
 - **Sign Posting**
 - **Skill acquisition & Session frameworks**
- **Communities of practice**

Development Projects- Courses

RYA Podium Coach Programme:

- **Evaluation & needs analysis**
- **Mentoring & Portfolio**
- **CoP**
- **Personal Development Programme**
- **Evidencing informal learning- expert solution projects**
- **Potential post grad award**



Development Projects- General

- **Coaching evaluation
(Health Check ver 2)**
- **Coaching 360**
- **Review of impact (John Lyle)**
- **Video project (Bob Muir)**
- **Coaching models and
profiling**

Coaching Tasks (essentials)- Job description



Skills- application of knowledge



Knowledge



Qualities and values



Enabling our athletes to achieve their goals

Coaching
Creating an learning environment

Managing
Processes & logistics

Leadership
(Taking responsibility- professional standards & development)

Athlete's lifestyle

Performance environment

Relationship with Athlete (s)

Self (the quality & values of the coach)

- How?**
Effective delivery of the Coaching essentials:
- Qualities and values
 - Skills
 - Knowledge

Developers' 4 'Essentials'

1. **Theoretical underpinnings**
2. **Developers network / CoP**
3. **Personal development profile, plan and drive**
4. **Feedback & challenge**