

SPORTS COACHING DEFINITION

Coaches play a pivotal role in the development of athletes at all levels.

Many different definitions of coaching exist. Most people agree that high quality coaching enhances athletic performance and personal development. Coaches sit at the heart of participation and player development, and they take on a variety of roles.

Think about how you would describe coaching in a single sentence. Compare your definition to this:

“Coaching is a process of guided improvement and development in a single sport and at identifiable stages of development”.

- The International Council of Coaching Excellence (ICCE), 2013