

## COACHING CAPABILITIES (KNOWLEDGE AND SKILLS)

Look at the table closely, and identify the 10 capabilities that you feel are most important to possess based on the roles you assume. You may want to circle these. Can you prioritize them from 1 to 10 with 1 being the most important and 10 being the least?

PLAYER	FOOTBALL	ENVIRONMENT	COACHING PROCESS	COACHING METHODS	SELF-AWARENESS
<ul style="list-style-type: none"> <li>• Physical development</li> <li>• Physiological development</li> <li>• Personal psychological development</li> <li>• Biomechanics</li> <li>• Skill development and motor control</li> <li>• Learning preferences</li> <li>• Nutritional needs</li> </ul>	<ul style="list-style-type: none"> <li>• Technique</li> <li>• Appropriate technical models</li> <li>• Skills</li> <li>• Tactics</li> <li>• Decision making</li> <li>• Rules</li> <li>• Laws</li> <li>• Codes of behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Setting specific info (education/club)</li> <li>• Health and safety</li> <li>• Risk assessments</li> <li>• Child protection</li> <li>• Emergency procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Planning</li> <li>• Delivery</li> <li>• Reviewing</li> <li>• Progressing</li> <li>• Facilitation skills</li> <li>• Problem solving</li> <li>• Decision-making</li> </ul>	<ul style="list-style-type: none"> <li>• Organized (setting up drills and practices)</li> <li>• Build rapport</li> <li>• Instruction/ explanation</li> <li>• Demonstration</li> <li>• Observation</li> <li>• Analysis</li> <li>• Generate and provide feedback</li> <li>• Listening</li> <li>• Questioning</li> </ul>	<ul style="list-style-type: none"> <li>• Own coaching philosophy/beliefs</li> <li>• Reflective practice</li> <li>• Leadership skills</li> <li>• Interpersonal skills</li> </ul>