

Teaching Process

To master a skill or concept in a game like environment athletes need to understand:

What to do

When to do it

Where to do it

Why to do it

And

How to do it

Often it is more effective if the athlete develops this understanding themselves rather than being 'told' by the coach. Using questioning and varied coaching techniques can be an effective way to achieve this.

To this end good coaching isn't about a coach 'telling' athletes the **what, when, where** and **how**. Rather good coaching takes place when an athlete understands the **what, when, where** and **how** and demonstrates this in a game-like situation.