Chapter Objectives

After reading this chapter, you should be able to do the following:

1. Describe the coach education structure and process in Canada and abroad.
2. Identify the steps to become an elite coach.
3. Describe the common characteristics and coaching principles of youth-sport coaches.
4. Describe the components of Chelladurai’s sport leadership model and its relationship to coaching.
5. Define the different components of the coaching model.
6. Describe the coaching model and its relationship to effective coaching.
7. Explain the athlete-centred approach adopted by many non-professional Canadian coaches.
8. Explain the model of coaching efficacy.