

Coaching Demands and Responsibilities of Expert Coaches

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- Practical experience, such as mentoring, being an athlete, observing coaches, or attending clinics, tends to be more critical than formal education in the development of expert coaches.
- Both Trait Theory and Behavioral Theory explain leadership, which is an important characteristic of expert coaches.
- The Multidimensional Model of Leadership suggests that the success of coaches results from the interaction between the coach and the athlete or athletes and is not based solely on what leadership the coach brings to the team.
- Although each athlete or team is unique, the Coaching Model provides a general structure that increases the likelihood of a coach being successful, including abilities to organize, train, and guide the athlete or team through all phases of competition.

Because people can see what coaches are doing during games, they agree that the best coaches are often effective strategists. Rarely, however, is the public privy to what coaches do before and after games or how much of their lives they give to the sport they love. For example, what personal sacrifices have they made? How much time do they spend preparing for games and practices? What are their views on building team cohesion? How do they analyze their games? These questions all lead to a larger one: "What are the most important demands and responsibilities of expert coaches?" This chapter will answer these questions. First, a number of recommendations will be listed for becoming a top coach, such as the importance of mentoring, hard work, strong leadership, and communication skills. This will be followed by a historical look at early forms of empirical research