

4. Coach the person rather than just the sport

1. Show interest in and respect for each participant and others

## BUILD RAPPORT

3. Learn and use participants names

2. Smile and make eye contact with each participant

4: check for understanding before they go for practise

1: position so all can see and hear

## PROVIDE DEMONSTRATIONS

3: provide demo more than once from different angles

2: provide correct demo then focus attention on 1-3 key points

4: check if the activity is working

1: one point at a time, head, hands (Hurley) and feet

OBSERVE

3: Observe each participant several times

2: Observe each participant from different angles

4: decide whether to reinforce, modify or note but take no immediate action

1: compare your observation with your picture of good practise

# ANALYSE & MAKE DECISIONS

3: identify the mismatching key points

2: identify the matching key points

4: use questions to check for the players' understanding

1: plan what to say

# EXPLAIN

3: keep it simple

2: gain attention before starting

4: check for understanding: 'what will you now do?'

1: ask 'what did you notice about...' to promote self-analysis first

GENERATE  
&  
PROVIDE FEEDBACK

3: give specific, simple information in a positive way

2: limit information to 1-3 key points