Mary Wenstrom

**Style and Personality**

There are 5 different Styles of Coaching. One is Authoritarian who keeps players well disciplined and well organized. Good team spirit when winning. May be feared or disliked if players don’t agree. Two is a Business like coach. This person is intelligent and logical and uses this approach in coaching. The person expects top of the line from players. They may set goals too high. Third is the Nice Guy Coach. He/She is well liked and is more of a buddy. They work cooperatively. Players might take advantage. Fourth is an Intense Coach. He/She is high anxiety and in your face. They get you pumped up. Fifth is an Easy Going Coach. He/She does not take game to seriously. They may seem inadequate. But they are well liked.

Certain types of people respond differently from the styles of coaching. A quiet coach might not get the point across but may feel they can excel on their own. To be effective you have to know how your players respond. Which is better? One thing you have to have is patience with your athletes.

A team many times takes on personality of the coach. The coach needs to have confidence and knowledge.

A couple of examples of coaches are Larry Bird and Phil Jackson. Larry Bird feels that many times good coaches remain calm and collected, that they need to believe in the players. Phil Jackson encourages meditation. He incorporates visualization and lets his players figure things out.