What is A Coach?

I feel that a coach is three things, a motivator, a listener, and a role model. If a coach is able to portray these three things, then I feel that they will have lots of respect and find success on the playing field.

First, a coach has to be a motivator. They need to be able to make their player feel like they can find success. They have to encourage their players when things are not going so well and they have to keep they players fired up when they are doing well. However, they have to do this a certain way. I had one coach that felt that he was being a great motivator by yelling at us all the time. It was things like, “Come on play some defense!” Needless to say it didn’t work. I was always thought, “We are trying to play defense, but it’s not working.” To be a good motivator you have to know when to give encouragement and discipline and when to keep your mouth shut.

Second, a coach needs to be a good listener. They have to know when they are pushing their athletes to hard. They have to know when things are going wrong in a player’s life. My swim coach in high school knew exactly how we were feeling by only talking to us for a couple of minutes. I remember a few times when I would tell him that I was having trouble with some of my homework, he sent me straight home so that I could get all my stuff done. Or when my grandmother died, he told me he didn’t want to see me in practice for at least a week. This meant a lot to me and I will never forget it.

Finally, a coach needs to be a good role model. You can’t tell your players not to drink and smoke and then they find you coming out of the bars and standing outside smoking. You need to lead by example. A coach needs to respect their players in order
to gain their respect. A coach can’t be yelling at the referees and then expect the players not to say anything to them.

All of these areas cannot be achieved overnight. It is something that takes awhile to find success. But if a coach sticks to being a good motivator, listener, and role model, I feel that they will have players in years down the road thanking them for all they taught them.