

Communicating with Young Players

Communication is essential for coaching! A Coach needs to be able to communicate with a player so that the player knows what they have to do, if they are doing it correctly and how to correct errors. As well as this a Coach must be able to take in information and feedback from players, other Coaches and backroom staff. A Coach may possess all of the technical, tactical or team play information on Gaelic games, but if they cannot impart this information to their players, in a manner that is understood by the players, it is of little use.

The success of everything you do as a Coach, whether it be teaching skills, motivating players, listening to players, solving problems or having team meetings, is dependent on effective communication skills.

Effective communication skills will benefit the Coach by:

- Improving morale
- Providing a sense of involvement
- Promoting commitment to the team goals
- Saving time for the Coach and the players
- Promoting better team work



Remember!

Communication is a two way process - involving the Coach and the players, parents, club or match officials. It involves listening as well as communicating.