

Being a Karate Coach **International NEWS**

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Coach, an important criterion in the development of the Athlete

Because the relationship coach and athlete are important ...

In any sport, athlete and coach spend several hours each day together, either in training in preparation for the athlete, but also during the match, the one giving instructions and the other perform.

therefore, the relationship between the two is an important criterion in the development of the athlete. but they are all athletes and coaches good relationship between them? What should be the ideal relationship between athlete and coach? First, the coach in any sport need to have a separate relationship and communication with each athlete. At the beginning of each new year should bring together goals - short and makroprothesmous-, which will try to meet and during training and during each match. The coach also should seek to encourage, welcomes and encourages each athlete individually. The feedback is also an important element because every coach should give feedback after each race and workout so that the athlete knows the positive and t 'negative aspects of performance, and also to be improved. Every athlete, as distinct personality that is, needs a different approach. Particularly, in developmental ages coaches should be particularly cautious about how close and behave in athletes after an improper or incorrect behavior can lead the athlete even abandonment. Athletes should feel that their coach respects, he appreciates every effort, welcomes and gives them the motivation to continue. Note that most of the time the coaches are the standard of the athletes. The communication is, between the two plays an important and catalytic agent, the advancement and development of the athlete. Lack of communication leads the athlete to lose the orientation and motivation, finding it difficult to follow the right training program and generally feel confused and disappointed.