

Seven Ways To Gain Respect

By David Clarke

1. Never apologize for the session or drill you are going to do.
2. Never admit that you are nervous, even if you are feeling it.
3. Let other opinions have a chance to be heard, but have the final say.
4. If you want to be in charge, then be the best prepared coach you can be.
5. Either very harsh or very lax discipline will undo morale.
6. Consistency in all areas of your coaching helps preserve morale. Try to praise everyone at some time, but not be too gushing – don't say "that was fantastic, guys" when they were under-performing.

Shouting and over-criticism will rarely improve morale or discipline, but neither will letting misdemeanours go unnoticed.