

POWER UP YOUR COACHING

TOOLS TO HELP YOU THROUGH THE SEASON

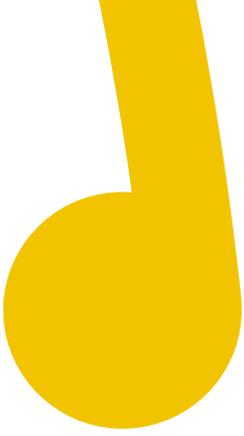


Contents

Updated October 2023

[Power Up Your Coaching - Introduction](#)

1. [I've Been Given a Team - Now What?](#)
2. [The Beginner Coach](#)
3. [Getting to Know Your Athletes](#)
4. [Quality for All](#)
5. [Creating a Team Culture](#)
6. [Building Positive Relationships](#)
7. [Trials/Selections](#)
8. [Coaching Teenagers](#)
9. [Coaching Your Own Child](#)
10. [Coaching Young Women](#)
11. [Coaching Athletes with Disabilities](#)
12. [Other Resources](#)



POWER UP YOUR COACHING - Introduction

TOOLS TO HELP YOU THROUGH THE SEASON

There are plenty of resources available with new drills and exercises you can utilise for team training but before this, you need to establish what kind of coach you want to be, how you are going to create a positive team culture and how you can best engage with your team and also their parents.

This document has a range of resources to support you on your coaching journey and develop your coaching skills. The following resources have been organised and split into sections so you are able to utilise the most relevant section to you as a coach at a particular time.

For more resources, visit www.balanceisbetter.org.nz and don't forget to sign up for their newsletter to receive updates and resources straight to your inbox.

Finally, thank you for all that you are doing for your athletes. [Thanks coach.](#)

Enjoy your season!

1. I'VE BEEN GIVEN A TEAM – NOW WHAT?

[Preparing for a successful season – What do coaches need to know?](#)

[The number one thing that good coaches do.](#)

[Four ideas to level up your coaching this season.](#)

[Creating an environment for youth to flourish.](#)



2. THE BEGINNER COACH

[What is your advice to a beginner coach?](#)

[Five tips for coaches to bring a Balance is Better philosophy into their coaching.](#)

[What is a coaching philosophy?](#)

[Developing your coaching identity.](#)

[How not to coach - with Led Tasso.](#)

[Golden rules for youth sport coaches.](#)

[Are we forgetting why young people play sport?](#)

3. GETTING TO KNOW YOUR ATHLETES

[Build a better connection with your athletes: What I wish my coach knew.](#)

[That's not how I learn.](#)

[Understanding the player.](#)

[How to coach different skill levels in the same team.](#)

[Building rapport and developing great coaches- athlete relationships.](#)

[How do I support an athlete with a variety of coaches?](#)

4. QUALITY FOR ALL

[What does quality look like for young people?](#)

[How to coach with Balance is Better philosophy?](#)

[Raising the bar in coaching youth sport.](#)

[The iCoachKids Pledge: 10 guidance points to create positive sport experiences for kids.](#)

[How to be a great secondary school sport coach?: Defining success, mistakes verses outcomes, and the importance of self- awareness](#)

5. CREATING A TEAM CULTURE

[E Tū Tāngata – Tackling Tall Poppy Syndrome to transform Aotearoa](#)

[Coaching for belonging playbook](#)

[Connections & Culture](#)

[Developing a Team Identity](#)

6. BUILDING POSITIVE RELATIONSHIPS

[How can I deal with difficult parents on the sidelines?](#)

[Building better relationships in youth sport - Athlete, Parent and Coach.](#)

[How getting to know your players can improve motivation.](#)



7. TRIALS/SELECTIONS

[A guide to running good trials and selection processes.](#)

[Trials and selection processes in youth sport - What does good look like.](#)

8. COACHING TEENAGERS

[7 Tips for successfully coaching teenagers.](#)

9. COACHING YOUR OWN CHILD

[Coaching your own child - 5 tips for the parent-coach.](#)



10. COACHING YOUNG WOMEN

[Creating positive environments for young women.](#)

[Amplifying the voice of young women in sport.](#)

[Strength training for young women - The benefits for female athletes.](#)

[Supporting young people with periods during physical activity.](#)

[Changing how we talk about young women's bodies.](#)

[The art and science of coaching young women.](#)

[What are the different approaches when working with female players?](#)

[Coaching girls guide - How to get \(and keep\) girls playing](#)

[Balanced female health handbook](#)

[Supporting girls in the game](#)



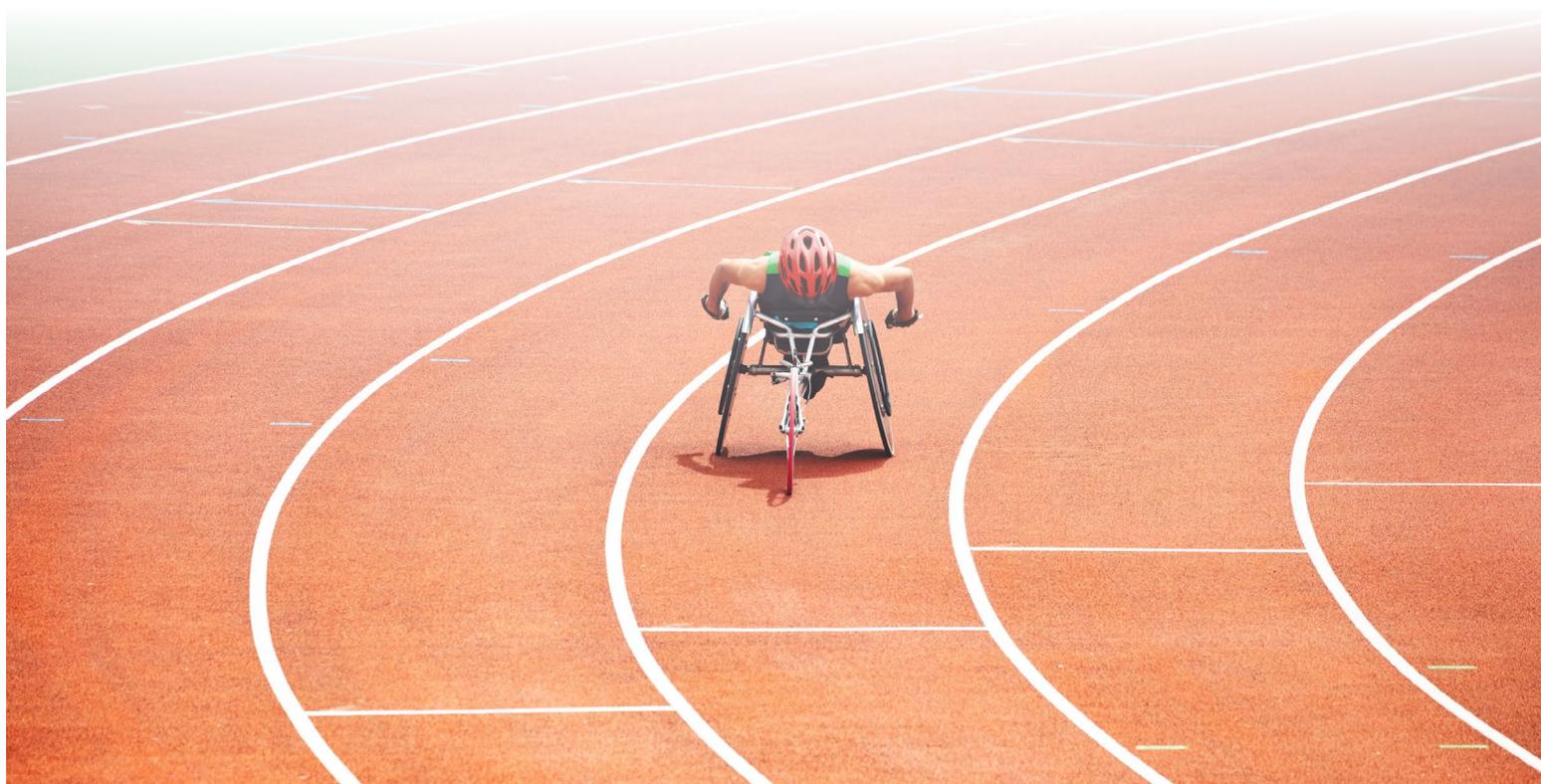
11. COACHING ATHLETES WITH DISABILITIES

[Paralympics NZ Level Up coaching disabled athletes online learning.](#)

[Special Olympics Online Coach Training.](#)

[Coaching Association of Canada – Coaching Athletes with a disability handbook.](#)

[UK Coaching – Coaching Disabled people - What Coaches need to know.](#)



12. OTHER RESOURCES

[iCoachKids](#)

[Play their way](#)

[The coaching gig podcast](#)

[The athlete development show podcast](#)

[The way of champions podcast](#)

[The magic academy podcast](#)

[The coaching culture podcast](#)

[The high performance podcast](#)

This document is endorsed by

**WELLINGTON
ADVISORY
GROUP**
BALANCE IS BETTER

NukuOra **BALANCE IS BETTER**
An active Wellington region

The logo features the text 'Nuku Ora' in a bold, white, sans-serif font. The letter 'O' in 'Ora' is replaced by a circular graphic consisting of several concentric white lines. Below the main text, the tagline 'An active Wellington region' is written in a smaller, white, sans-serif font. The entire logo is centered on a bright yellow background that is decorated with a pattern of white, hand-drawn, concentric circles and arcs of varying radii, creating a sense of movement and activity.

Nuku Ora
An active Wellington region