

# You Be The Coach

## Activity

Sports coaches use many different techniques to motivate their teams. Some coaches are always positive and use encouragement whilst others rant and rave!

- Observe the behaviour of three sports coaches. List the methods they use that you like and dislike.
- Do you think the role of a coach of a junior team is different from a coach who works with adults? Explain your views.
- Now imagine you are the coach of your class team or a sports team of your choice (eg., Victorian Bushrangers cricket team or your favourite football or netball team). Create and deliver a motivational speech to your team or write a letter to the team to inspire the players to do their best.

