

TIPS FOR COACHES



For Coaches of Athletes

“Lead the Vibe – Coaching with Purpose”

Key Skills:

- Model resilience and growth: Stay calm under pressure as your response to setbacks teaches players how to handle adversity.
- Clarity of Purpose: Revisit your “why” daily – what do you want your athletes to remember about this experience?
- Emotional Regulation: Model calm and composed behaviour under pressure.
- Connection Building: Check in with each athlete individually during the week.

Tips for the Season:

- Set a daily intention with your team (e.g., “Today we focus on teamwork”).
- Keep supporters informed and encourage positive phrases like “Great effort!” “Keep going!”, “Nice teamwork!”
- Create traditions and fun moments like morning huddles, chants, theme days build team identity. Pump-up songs for warm ups or chill tracks during downtime can set the mood.
- Use positive reinforcement and constructive feedback.
- Encourage reflection: “What did you learn today?”
- Dress up in PINK to show your support!!!

Quick Reset Strategies:

Walk to the sideline, take a sip of water, or stretch – even 10 seconds can help reset.

Match your tone to your message – calm, clear, and encouraging.

In pressure moments, focus on delivering one clear message to your team.

Me Pai Te Wairua - Positive Vibes Only.

