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## The Responsibility Of Being A Sports Coach

By Joe Goertz

Whether we are talking about professional, sanctioned sports or organized youth sports makes no difference; coaching in sports is an awesome responsibility.

Some may ask, "What exactly is a coach?" Well, the World Wide Web offers the following definition; "In sports, a coach is an individual involved in the direction and instruction of the on-field operations of an athletic team or of individual athletes.

Coaching entails the application of sport tactics and strategies during the game or contest itself, and usually entails substitution of players and other such actions as needed. Most coaches are former participants in the sports in which they are involved, and those who are not have had extensive training in the sport in question."

Coaches not only have the responsibility of teaching the fundamentals of their chosen sport, but they are entrusted to guide the athletes as individuals, as well as offer an example of behavior for the team to follow. While different sports, as well as the different sports organizations that coaches work for, all have their own set of rules and regulations, there are a few fundamentals that all coaches are expected to follow.

For example, all coaches are expected to abide by the particular laws that govern their sport, and to make sure that the athletes do so as well. In sports, there also exist unwritten rules of sportsmanship and ethics that all coaches are expected to follow and enforce with their team. These ethical standards cover such things as fair play and the integrity of the team as well as the individual athletes.

Coaches must ensure that their players are safe and protected during games as well as during practices. They are expected to provide and maintain a drug free environment, act as a role model both on and off of the playing field, ensure respectful conduct among the players and so much more. Coaches are also expected to keep current on any new provisions that might come into being that relates to the sport they are coaching.

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Since it takes so much to be a good, effective coach, there are now many institutes of higher learning that actually offer classes for coaches. Classes run the gamut from how to influence the players, how to motivate players, as well as how to build team spirit.

With the huge number of different sports, as well as the diversity of the players, many coaches find themselves in need of an education that will better equip them to handle a certain group of athletes. For example, with more and more women's sports teams being formed, this presents a problem for the male coach who has never had to coach anything except a team of males. Being a coach in sports is not an easy job, but it does have the potential to be a rewarding one.

You will find more from this author at:

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### **Team Spirit - How It Can Make Or Break A Team**

**By Joe Goertz**

Team spirit encompasses many things such as trust, respect and enjoyment of the game among the athletes who are all working toward the common goal of winning. Team spirit is said to increase the odds of winning and having a successful team. While some athletes, and even some coaches do not understand the meaning or importance of team spirit, just ask any record breaking team what their secret was, and they will all tell you it was the team spirit that got them to the top.

While it is ultimately the responsibility of the coach to build team spirit, the individual athletes must have a desire to win and a willingness to work with one another. Many coaches have help along the way when they are trying to instill team spirit; pep clubs, cheerleaders, school bands and spirit clubs all help to raise awareness of the team and boost morale, which can in turn promote team spirit.

Team spirit in sports is also the responsibility of the team captain. For this reason, it is important to choose a team captain who is a natural leader, someone that others won't mind following. They should be quite capable of boosting morale when times get tough, and always possess a positive attitude.

When a coach, or even a team member realizes that their team simply doesn't have any team spirit, there are a few things that can be done to turn negative attitudes into positive ones, boost morale, and get the team spirit flowing. These things are best implemented by the coach or team manager, and include explaining to the team that they must all be cooperative with one another. The objective of the team is to win, and this must be the most important thing on the athletes' minds. They must all cooperate and strive for the common goal. Understanding also plays a big role in team spirit, as all of the athletes need to understand the strengths and weaknesses of the other players, and all work together so that everyone is contributing to the team in their most effective manner. Excellence should also be strived for, and each individual athlete should be held accountable for his or her own performance, whether it is good or bad. All it takes is one athlete who is not striving for excellence to throw the entire team off, resulting in a bad record.

## The Responsibility Of Being A Sports Coach

Fans, while not under the control of the coaches or team managers, also play a big role in team spirit. For example, if a team files out onto the field to realize that only a handful of spectators showed up to watch the game, well, that alone is enough to kill any teams' spirit. It is easy to see how team spirit can either make or break a team.

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