

The Biggest Sin of Sport Coaches

It is very common for sport coaches to have a preconceived idea of what a good player should be, they want players: disciplined, respectful, persistent, talented, focused, mature, among many other things.

But what is even more common is to think that these qualities develop immediately and not that they are a process that can take years to be developed.

This idea can lead sport coaches to put much more pressure on the players, trying to generate a profile in them that they are not yet capable of assuming.

When this happens, some athletes develop an inappropriate image of their coach and team, so we must understand that in the same way that technical skills are developed, psychological characteristics develop in the same way.

Many of them have a first approach to sport for different reasons, such as: exploration, friendship, belonging, influence of their parents or friends.

But it is very unlikely that an athlete will approach the sport initially with the clarity of what he wants to be and less of how he is going to do it.

Therefore, it is the coach who must be very clear about the athlete's main motivation towards the activity and thus be able to determine where her athlete is, and in this way avoid turning something that should be fun and inspiring into something frustrating and boring.

It is the fundamental task of coaches to generate a high level of motivation in their athletes so that in this way, the athlete's psychological characteristics have the opportunity to develop and do not end up in early desertion, added to an aversion to the activity.

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