

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

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Lecture 05: Role of The Coach (Part 1)

Hello, everyone. Today, we will discuss the generic topic of the coach's role. Under this role, we will cover the role, duties, and legal responsibilities of a coach. The role of a coach is based on many sub-themes in this general topic. We will cover this topic and discuss it from different sides.

As coaches, we will gain a clearer understanding of our responsibilities and how we interact with children, particularly from a field perspective, by taking a step back. Our sub-themes will include: coaching philosophy, styles of coaching, legal responsibilities, communication in coaching, the role of a coach, common coaching mistakes, ethics in coaching, player development, motivation and leadership (which is very important), and creating a positive environment (also a very important topic).

We will highlight and discuss these keywords in more detail. Regarding coaching itself, it has a history, including certain beliefs associated with coaching styles or the coaching community. We will examine these beliefs and discuss their validity. A common myth or belief is: "If I can play, I can coach." This is a misconception prevalent among athletes in many sports, not just cricket, but also football, basketball, volleyball, and athletics.

So, if a very good player has ever played well, the way I played, I have played for a long time. That is why I will be able to work very hard. Again, another important thing is those who can do, those who can't teach. That is, those who know how to work so beautifully, cannot teach well.

That is, those who can play well, I am not able to do good coaching. If I am a good player, if I bat well, or if I bowl well, then what is the problem? I may not be able to teach well. This is the problem.

But the reality is, those who know, those who know will be able to do it. Those who understand, teach. Those who can understand, those who can understand the concept correctly, they can

also learn. This is called reality. From ancient times, if we see coaching if we see it in India, then we get a lot of knowledge, we get a lot of knowledge.

If we go from the age from ancient to the modern age, then we can see that first, when the gurus gave education, they gave some education in gurukuls or ashrams. Along with that, there was a situation of Malayan war or war, and activities were done. Among them, there was an integral part of sports. There was a routine of coaching in the Ashram and Gurukul.

That was a part there. So, if we look at the history, the myth, the reality, and how Coaching was done in India. Education was given. We know how sports were done in gurukuls and ashrams. Now we will discuss the style of coaching. If I go to styles of coaching, whenever we see a coach, we see one type of personality of each coach. As you know, we have five fingers. So five fingers are not the same.

The personality of a coach or different coaches is not the same. It depends on individual to individual. There are different types of coaches, different types of personalities, different types of styles of coaching. What are those styles of coaching? So first of all,

The one I will discuss is a dominating coach. An authoritarian coach. But why not, I understand, here the coach dominates the players. Here are the players, definitely no players will be heard. Here is the coach who will speak, that is the full and final.

We will see that. There are different types of coaches. There is a coach of authoritarian coach and a dominating coach. He is very strong and disciplined. He can do more or less than the rules.

He can do more or less than the laws. If the laws are right, then he has to play with the laws. So the coach here, in this kind of coach, is disciplined. The quality is higher. It is seen.

It is very well organized. When something is organized, it is organized in a very beautiful way. If they organize coaching sessions, they organize coaching sessions in a very beautiful way. Where will the coach be? What will be in the coaching session?

It will be made in a proper civil way. Routines will be made. It will be well organized in a very beautiful way. In that, devotion is seen. But They show a lot of devotion towards their responsibilities. They show a lot of devotion towards the particular sports. The dominating coach shows a lot of devotion towards their responsibilities. On the side with moralistic but very rigid. As they are disciplined.

And they don't want to make themselves a composer. Lack of composer. What is the result of this? This result sometimes comes from the positive, sometimes from the negative. As they are very disciplined and well-organized, they have a lot of respect.

And, In coaching sessions, children get scared and make a lot of mistakes. Some say this, some say that. For that reason, a lot of mistakes are shown. So serious mistakes we can see.

At times, they get too scared or they keep on disliking. It can happen to themselves. Again, at times, the fear also works in them. If we go to the match, then the effort can be done after the match. As because the coach is very dominant.

On the other hand, we can see another quality coach. That is called a nice guy coach. Or a personable. A nice guy coach means a good person. So, nice guy.

What is that? So, in the process of believing, hello? Nice guy coach who is always flexible and creative. But he is flexible. He is not very rigid.

He says to the players, we will do batting in this routine, we will do fielding in this routine, we will run coaching sessions in this routine. Okay, no problem. See, he is very creative. He is very empathetic to the players. On the other hand, he also compliments the players.

Play well, bat well, do well. He compliments them. He criticizes them. If we compare it to the other area, the dumb letting coach will be critical in front of everyone. Plus, on the other side, the match-day coach will tactfully criticize.

He will criticize by understanding the situation. He will play in front, or he will do it in front of me. Or tactfully, on the ground, he will criticize in such a way that the effect will go to the match and he can win in a positive way. What is the effect of this? What can be the result of this?

For example, when a person is trained, what can be the result of this? There is a lot of enjoyment within the team. There is a lot of fun, there is a lot of enjoyment. They can be like me. And the team cohesion, the bonding of the team is very good.

There are some mistakes in the openness. Or... There is a possibility. If this type of incident happens, there is a lot of openness in this case. So, these things are shown in the player's mind and the team's mind.

Now, another type of coach. That is a casual coach. Casual. You can see, we have sold everything casual, so we go casual. So, we call this type of coach a part-timer coach.

He understands the quality of the ball. What is that? If the ball is too big, he says, easygoing and relaxed. Okay, the team practices it. So, whatever you do, it doesn't matter.

Okay, practice is going on. A warm-up is going on. Okay, the warm-up is going on. And they can go for batting and ball in our next session. So, casual coach.

Impression of no real commitment. Commitment doesn't have much of an impression. It doesn't real. As it is casual. So, if my team performs as I am casual, I will say, okay, very good play.

I will play. How can you perform so well? How can you perform so well? So, sometimes it can be real, sometimes it can be unreal. So, in maximum time, no real commitment is shown in this coach's data.

Encourage independence. So, the players got an opportunity. So, the player was given the opportunity. A player came and said, sir, I will make the team today. Okay, you prepare yourself.

Because of that, the coach's role is not shown, as he is very casual. So, the team that is made by the captain, is signed by the coach. There is no effect of the coach here. So, what happens if this happens? If this happens, the coach is detached.

There is a detached story of the coach with the team. There is a detachment and there is no sense of belonging. Viewed as a consultant. If you see a coach or a player, he goes to the side and consults with him. If he doesn't get used to it, that's all.

The rest is what we call it. So, as a consultant, the player needs to see the coach at that time. What kind of coach? Casual coach. Coaching and planning can be inadequate.

In this case, coaching and what will be the planning? How will the whole schedule be planned? How will the coaching be planned? One of those will not be planned. As because of the quality of casual coaching or casualty.

Another part of coaching, the quality, that is called intense coaching. And too emotional. What do coaches do in this type of coach? What is the advantage of this type of coach? Over-emphasis on winning.

You have to win. You have to win today's tournament. You have to win the tournament, or you have to win the first match. There is an emphasis on this type of coach in this type of coach. In fact, this type of coach has a piece of very good knowledge.

And they have a very high level of anxiety. As because intense coach. Too emotional. That's why, a very high level of anxiety would be difficult for him. He works very hard as a coach.

What are the effects? What are the results? Never satisfied. He is not satisfied with anything. If he wins, in that case, what are the effects?

Why did I win this time? I had won this time. If someone makes a mistake, if someone misses a catch or misses the fielding, it becomes a problem. There is a lot of tension. And it becomes very emotional.

And the player, from the outside of the field, starts to worry. Then the player starts to think from the outside, why did you miss this, or how did you want to build this? Players do become anxious and nervous in crunch situations. So when a crunch situation is created in a match, or when a crunch situation is created in a coaching session, then players get scared, and get tensed. This is how it affects the performance.

And the next one is very important, that is business coach. Rational. Business coach. What does it mean, business? Business means I am done with my work.

I am done from here. As it is a life of business, the work for which I was given, It is very important. Yes, there is a need to have a coach like this. So, what qualities do you put in a coach like this?

They are very intelligent. They are calculative and logical. That's because their quality is like a business coach. Well planned and organized. They are very well planned.

They are very well organized. Whether it is a practice session a warm-up session a cooling down session or any other practice session, they will make a very nice and well-planned discipline. At all times, up-to-date knowledge is required with the latest techniques and advancements. With the latest techniques and advancements that are done in the game, at all times, knowledge is required and up-to-date is required. In

What are the results? Now, professional and commercial approach. So, the here professional approach is shown. Now, my session was from 7 in the morning to 10 in the morning. So, after 10:1, I will no longer be coaching.

If 10 are 1, I will stop my coaching at 10 a.m. And I will do coaching at 7 a.m. As because it's a business life. Professional approach. Because it's a commercial approach.

As because it's a commercial approach. Or professional approach. Give high expectations from players. What are the efforts? They want high expectations from the players.

Set unreachable goals. What is the position of my team? My team is a level-up team. My team is a new team for a year. I don't have much performance in my team.

But I have set my goal that I will win the tournament. So in this way, Unreachable goals, these types of practices, and these types of coaches, can be done anytime, anytime. That is with business coach. So in this case, we have discussed many types of practices.

Now we have a few people with us in the coaching session. We will do a workshop on our own. Then we will be able to know who they are. As a coach, what will be as a coach, what will be my answer? We have discussed about coach's style and style of coaching.

We have discussed about coach's style and style of coaching. We have discussed about coach's style and style of coaching. We have discussed about coach's style and style of coaching. We have discussed about coach's style and style of coaching. In your opinion, what are the advantages and disadvantages of these coaching styles?

What will happen? Nice guy coach will be there. In their side, it is easy to control the team. Because they are more rigid. As well as, those who are more rigid type of coach, in their side, it will be difficult to control the players.

We will move on to the next question. Which coaching style did you find most effective in bringing out the best in you during your playing days? As far as I am concerned, the nice guy coach is the best as a coach. Because if you can cover the entire field, he is a dominator. He is also a disciplinarian, he is also good at shooting. Does this mean that the coach is the best in the night gai coach?

So, as a coach, which style did you adopt from your end? If you were a coach, what would be your coaching style? I think I will adapt my coaching style according to my situation. If I have to control myself, I will adopt a dominating coach. Very good answer.

If my students are good, I will also adopt a nice guy coach. Very good. So this will be the answer in the workshop. When we conduct a workshop like this, then we will ask questions like this. We will do it with the help of the trainees, and we will find the answers like this.

As a correct answer, I have to keep the quality of all the styles in my mind. I have to keep the style of all the styles in my mind. Whenever there are situations, they always guide me to those situations and show me their qualities as a coach. Thank you. You may sit.

So now we have come to know about coaching philosophy and styles of coaching. What was the history of coaching? What were the myths? What were the realities? And with that, we came to know about the styles of coaching.

So what style I should adopt during my coaching session? That is all the qualities of the coaches, the types of coaches, the types of styles. Disciplined how they are dominating coach. Nice guy coach. Disciplined how

I am being packed with players, I am being run by coaches, I am being run by a business-like coach. When I see that I don't need a lot of pressure from you, you are performing very well, but I don't need a lot of dominating, then I am a casual coach. When I have a situation, where I need a match result, I am a casual coach. Then I need an intense coach. So we have to bring all these different coaching styles into our lives.

We have to take into account one thing. There are positive and a negative effect of every quality. Just like our society has different positive and negative sides. But we take the positive side of our society and live our lives in this way. In the coaching style, all the positive and negative ways of coaching, we will take the positive ways and bring the whole matter into our coaching.

So that we can beat our cricket players in such a beautiful coaching session. Why? Why? Why are you creating players? Let me give you a very beautiful example.

We have seen the ground floor. So, after giving the wheel to the horse, he puts his hand in the middle of the wheel and gives a beautiful shape to the part of the ground or the clay. Some green or some other type of utensils. Now see the art of the hand, the art of the mind. It means, as like the master.

As a coach, So, that's why a coach should know the coaching philosophy and the styles of coaching. This is very important in coaching life. Now, if we close our eyes, then we can see this kind of style wherever we follow our coaches and gurus. We can see this kind of style at any time.

A teacher, a guru or a coach of our kind, sometimes he is managing us, sometimes he is doing well, sometimes he is leaving us normally, sometimes he is tensing us, or sometimes he is a business like a professional like, Thank you. We will go to the next session and discuss it further.