



## **Working and Learning In Sport and Fitness**

### *Improving Your Teaching*

#### **Narrator**

Breaks in a session, give coaches the opportunity to reflect on their performance, as well as thinking about improvements they can make in the next session.

#### **Tom**

In the beginning I said I was going to do a whole/part-whole method; going to let them play the game, which I did. Let them have the freedom of it just to discover it because obviously some people not played rugby. They did really well there, didn't have to come in coaching wise. Then broke it down with a defence, attack as I said and finishing off with the game, with the whole/part-whole and hopefully, they can put the skills they learnt in the defence and attack into this game and hopefully I am going to observe a bit more.

#### **Tony Ghaye**

The experienced coach I think would help the athlete or the team to think first of all about what's gone well and what they need to do again and again. Even when people feel very negative, I think it's important for the coach to be reassuring, to be positive, to use praise, to be encouraging.

#### **Narrator**

Reflection ON action is what you do after an event looking at what you have done, how you did it and how you could do it better or differently, in the future.

#### **Gavin Chesterfield**

From your perspective Harry what did Tom do really well?

#### **Student**

His communication was fantastic.

#### **Gavin Chesterfield**

What was good about it?

#### **Student**

Always talking to us, nice and clear, to the point.

#### **Gavin Chesterfield**

So you understood exactly what you were supposed to do, you were talked to throughout and he was very encouraging, so you were motivated to achieve more.

#### **Tony Ghaye**

Tom and Gavin, were talking to the students, they were giving Tom the coach feedback, there was lovely interaction about what they'd done, what they'd got from it, what they thought Tom's particular qualities were, it moved on to what might Tom do differently, they were thinking about what they got out of it, the whole thing was a lovely example I think of looking back, reflection on action.

#### **Gavin Chesterfield**

If was the coach of that exact session, what would I change, why would I change it and more importantly by changing things it what would I hope to achieve. Last person Kelly.

#### **Student**

The only thing I would have done is, allowed us a winning team in the end.

#### **Gavin Chesterfield**

You'd like to have some team that won, yeah?

**Student**

Because he said the last try wins and we didn't play out to the end. That's the only thing really.

**Gavin Chesterfield**

I think that again reflects Kelly's philosophy that she does want to win in everything she does. But for me again, three very valid points about what they would change and why they would change it.

**Tony Ghaye**

I think it's very important for everybody to find what's often called a critical friend or critical companion, somebody that you can talk to in an open and honest and supportive way and sometimes those individuals are called mentors, sometimes they're called supervisors.

**Gavin Chesterfield**

Two of the major sort of threads that they picked up on was communication and the other was your style and methodology of coaching. What I would like to do is delve a little bit deeper into this communication thread to see if we can understand more why you do certain things and how aware you are of your communication skills. So I think it was Harry who picked up your communication was good but for me good is obviously nice thing but what was good about it?

**Tony Ghaye**

One of the things about the conversation between Gavin and Tom was that Gavin has this ability to ask questions, that are what I call invitational, they actually invited Tom to say more, to explore his thinking and his feeling, so that's really important to have a relationship like that

**Tom**

Also with a lot of non-rugby players there I needed to continually talk to them whilst they were performing just because a sense of achievement for them and motivation to keep them going

**Narrator**

Group reflection has many benefits, however, sometimes reflection is best done alone and free from distraction.

**Tony Ghaye**

I think probably reflecting alone is attractive for some people because they like to mull things over, they like to take their time, perhaps these are people who can think things through and write things down and of course, not everybody can put words to feelings and thoughts.

**Tom**

Reflecting alone I would say gives you time to be really, really positive and if you chose to be, depending on your personality, maybe negative, but it gives you the chance to do things which perhaps you'd feel a little bit shy in front of other people .

**Tony Ghaye**

If you don't create a written account, it's difficult to know where you've come from, it's difficult to know what progress you've made because you can't see a trail, there are no footprints there, so it's really important to create some kind of record of your learning.

**Narrator**

Whichever method individuals use they are likely to arrive at the same conclusion, that reflecting can develop a person both emotionally and professionally.

**Tony Ghaye**

If we don't reflect, if we don't think about what we've done, if we don't think about the positive things that we can build on and the things that we want to change, there's a likelihood that we never move forward.