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Every coach, every athlete, every media commentator and every fan will tell you that the fundamental element of all sports is skill. Kicking and passing in football. Throwing and catching in cricket and baseball. Diving, turning and finishing in swimming.

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To coach is to awaken, develop, and enhance skills and performance, yet there are still more responsibilities that are critical. To coach includes the building of relationships through genuine communication. Coaches who can truly connect with their athletes will make further progress than if they simply bark instructions.

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Chapter 16: careers in coaching and sport instruction ...

The most important characteristic of a sports coach is knowledge of the sport you coach beyond the general rules and regulations. Basic knowledge is sufficient for youth sports, but a detailed knowledge base is essential for college and professional sports.

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