

PIGs (Problems, Interests and Gaps) in Coaching Workshop – 15/10/19 – Coach SG Conference

The context for this workshop: It's through our ability to address/solve/enquire about our Problems, Interests and Gaps that we not only become better coaches, but we learn how to help ourselves AND OTHERS

Outcomes – by the end of the session you'll have...

- explored some problems, interests and gaps related to yourself/your own coaching and that of others
- discussed this approach to improvement and progression as coaches
- written a personal action plan to address at least one Problem, Interest or Gap in your own coaching as a method of improving yourself/your own coaching

Methods: Small groups – taking 4 cards at a time – decide whether they are potential problems, interests or gaps and decide, as a group, what the possible actions are to 'solve' the issue listed.

No answer is wrong (unless it applies to safety or the law), but should be seen as a possibility for the coach to consider

Groups all to write up points to consider for each of the themes (Problems, Interests & Gaps) on sheets at the front of the room.

Each coach to think of a P,I or G in their own context and consider the options in trying to address it.

Conclusion: This is one way to self-regulate/self-progress as a coach, by regularly asking ourselves whether we have any PIGs to consider.

As a GENERAL rule, solving **problems** are required at short notice and do add to our experience as a coach, but do not progress up massively as coaches.

Identifying **gaps** in our knowledge or experience and trying to address it will improve us as coaches, but as it is not an immediate thought, it may or may not transpire into anything concrete.

It is the **interests** of ourselves as coaches or of those we coach that will allow us to progress and improve at the greatest rate and often, following up on our interests help solve problems and fill gaps

These are the 60 ‘situations’ I created for use in the PIGs workshop...

1. New members of the squad are not liked by the existing squad members
2. One athlete in your training group has recurrent hamstring injuries
3. One player always turns up to training 15 minutes late every session
4. Another coach/team is bribing your players to join them and you don't have enough players to field a full team any more
5. Your athletes have all under-performed this year
6. Lots of players are looking to join your training group but you don't have 'room' for them and you haven't been able to get an assistant coach to help you.
7. You have gained promotion at work but it would mean moving away and you wouldn't be able to continue coaching your team
8. You want to add an extra training session into the weekly programme but you cannot find a venue to train in for that additional day
9. One of your athletes wants to move to another coach but you think they would be better to stay with you
10. Your assistant coaches are not progressing as you would like

11. As an assistant coach you are looking to progress to a Head Coach, but there are no opportunities to do so
12. Parents coming to matches are being abusive to the coaches and officials
13. A few of the athletes you coach want you to travel to a major championship with them, but your partner does not want you to go
14. Your son/daughter is coached by someone else but you don't think the coach is doing a good job. You want to coach them, but there is a policy in your club that coaches cannot coach their own children
15. You have been informed that players you coach were found to be drunk while representing their country
16. You are planning to retire from coaching but currently don't have someone to take over from you when you do
17. You have been accused of racism by one of your team
18. One of your athletes has reported they are being bullied by another squad member
19. You have been accused of favouritism
20. The pitches you have trained on for years are being developed for houses. The nearest available pitches are 20km away
21. You are interested to find out how/if yoga may be beneficial to your players

22. You are interested in developing your online presence as a coach
23. You are interested in S&C research but don't know what is good and what is bad
24. Your athletes are interested in learning how to cook nutritional meals
25. You are interested in getting involved in a coach exchange programme
26. You are interested in learning from coaches in other sports
27. You are interested in shadowing a sports physio to help you understand athlete injuries better
28. Your players are interested in 'trying something new'(!?)
29. You are interested in becoming a team manager as well as a coach
30. You are interested in moving towards High Performance coaching but don't know how to go about it
31. Your athletes are interested in bringing in a sports psychologist to help them on match day
32. You are interested to see how technology can assist training
33. You are interested to hear about something called 'training theory'(?)

34. You are interested in plyometrics and how they may/may not help your athletes in training and competition
35. You are interested in helping other coaches
36. Your athletes are interested in becoming coaches
37. You are interested in mentoring
38. You are interested in coaching athletes with special needs
39. You are interested in coaching athletes with serious illnesses
40. You are interested in working with para athletes, especially amputees
41. You are interested in the multi-sport approach to developing young sports people
42. You are interested in learning about technical models
43. You feel your lack of experience as an international competitor is hindering your coaching of international athletes
44. You don't have any knowledge of biomechanics
45. You have never played your sport competitively but have been successful (so far) as a coach

46. You have only ever coached senior (18 yrs+) teams and don't understand the difficult 'teenage years' – is that a problem?
47. You are a very successful coach but have never looked into the psychology of coaching before
48. You are very knowledgeable in a niche area of coaching but have little 'broad' knowledge of the sport
49. You have been asked to apply your coaching expertise of working with children, to the next stage – 'adolescents' – you've never done this before
50. You have never needed it, but you don't know anything about coaching people on the autistic spectrum
51. You'd like to learn about the current coach education system/opportunities that exist in your sport
52. You have no real knowledge of the role the team manager plays and therefore cannot advise your athletes as they go to their first major championship
53. There's a tournament in Finland in 2 years' time. You know nothing about the Finnish climate, way of life etc. etc.
54. What is HIIT? Maybe this is a gap in your knowledge that may be beneficial???
55. Is your knowledge of physiology enough for you to write appropriate programmes for your athletes/players?

56. You are asked to write a 4 year plan by the new Performance Director. You've only ever written an annual plan before...is it much different?
57. How much training is enough? Do you know enough to answer that question?
58. You've only ever coached men and you've been asked to take on a few elite women. Do you need to know anything different than when you're coaching men?
59. How good is your I.T. knowledge? Does it need to improve?
60. One coach or multiple coaches for the group? Do you know enough to make this decision??