



Skills And Methods Of A Volleyball Teacher

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ABSTRACT

Currently, primary attention should be paid to the personality of the coach, as they are the key figure in athlete training. This article provides insights into the professional responsibilities of a coach-teacher. Additionally, it emphasizes the principles of possessing sufficient experience and knowledge required by the coach.

Keywords:

perceptive capabilities, pedagogical approach, personality, society, coach

Coach's Activities and Functions

The activity of a coach is multifaceted and can be divided into specific functions, such as cultivating sports culture, conducting training sessions, organizational roles, and others.

- 1. Perceptive Capabilities:** These involve pedagogical observation, understanding the inner world of students, assessing their emotional states, recognizing trends in personality changes, and identifying their interests. Coaches should evaluate positive traits and apply them in the training process to the maximum extent possible.
- 2. Pedagogical Attention:** Directed attention is essential for identifying critical facts when working with young athletes, ensuring no individual or group is overlooked. Constructive capabilities enable a coach to anticipate outcomes, analyze trainee behavior in various pedagogical scenarios, and plan their activities accordingly.
- 3. Didactic Capabilities:** These allow the coach to convey material in a way that is understandable and engaging,

overcoming apathy during training sessions. This fosters a creative teaching environment and enables continuous improvement in knowledge transfer methods.

- 4. Expressive Capabilities:** Coaches use speech, facial expressions, and gestures to effectively convey emotions, thoughts, and knowledge. A coach's speech should be confident, culturally refined, and free from stylistic and grammatical errors. Humor and jokes can also enhance communication.
- 5. Communicative Capabilities:** These facilitate effective interaction between the coach and trainees, as well as among the trainees themselves. Coaches must address conflicts and foster empathy, responding to the emotions of others. These capabilities also extend to managing relationships with other individuals involved in children's sports groups.
- 6. Organizational Capabilities:** Coaches must organize the life, education, work, and rest of young athletes, as well as

their interpersonal relationships within teams. This requires quick thinking, resilience, and responsibility for the development of adolescents.

Practical Functions of a Coach

- Communicative Functions:** A coach should know their trainees' interests, abilities, and character traits, as well as their families' attitudes toward sports. Coaches should establish rapport with trainees, engage in meaningful conversations about sportsmanship, and maintain communication with schools, families, and communities.
- Organizational Functions:** These include selection, planning, and control of the training process. Selection functions involve identifying talented children, evaluating their physical and psychological development, and forming training groups.
- Teaching and Training Functions:** These focus on imparting specialized knowledge, understanding trainees' intellectual and creative capabilities, and fostering a positive attitude toward training. Coaches must teach proper techniques, assess athletes' physical and mental conditions, and adapt training methods accordingly.
- Planning Functions:** Coaches must design effective training strategies by determining appropriate stages, periods, and methods to achieve objectives.
- Control and Referee Functions:** These involve monitoring the training process, knowing competition rules, and performing refereeing duties when necessary.
- Scientific Research Functions:** Coaches should apply research methods, analyze results, and incorporate scientific and technical advancements into their practice.
- Diagnostic Functions:** Coaches must have the pedagogical skills to evaluate professional situations and adapt to trainees' individual characteristics, gained through education and experience.

Conclusion

The comprehensive classification of a coach's functions highlights their critical role in developing young athletes. By effectively utilizing pedagogical, organizational, and communicative capabilities, coaches can significantly contribute to their trainees' growth and success in sports.

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