A Toronto High Park FC presentation on the varying coaching styles present in coaching. Each coach and player will prefer/work better with one style than another however it is important to know the credentials of each.

The outlines of the coaching styles present in this presentation are in correspondence to the work from (Mosston & Ashworth, 2002)

The following slides will introduce the reader to six different coaching styles and explain the strengths and weaknesses surrounding them. It is important to understand each style as coaches need to be flexible in their session in order to account for each different players needs. The following styles will be looked at:

- Command
- Reciprocal
- Guided Discovery
- Self Check
- Inclusion
- Problem Solving
Utilizing a variety of coaching styles will help you as a coach get your message across to each and every player. Ultimately, every player is different and therefore has different needs. A mixture of coaching styles will provide a balanced approach to coaching and also increase your capacity as a coach.

At THPFC we recommend the usage of different coaching styles to use during Training and Games to provide the best possible platform for development of your players.
Reciprocal

The reciprocal style is very dissimilar to the 'Command' style. The reciprocal will allow for a greater level of decision making by players in order to develop understanding. The coach will set up a drill as usual, however it will then be up to the players to react and perform the drill in the correct way. This style will use the help of feedback via coach and player to develop a deeper understanding.

**Strengths:**

- The reciprocal style allows for continuous feedback throughout which will help to develop understanding between players.

- The player who is coaching will be able to identify the mistakes made by their partner and realise how to either correct this or prevent it.

- Communication is key part in Soccer, this will also develop the social skills of the players and their confidence in communicating.

**Weaknesses:**

If the players don't have a great understanding of what is considered good play or a mistake, then the feedback given will not be beneficial and could have an adverse effect.

Command

The command style approach is one in which requires little interaction from the players and instead consists of the coach giving a command to the players and they then perform the action. It can also be known as an Autocratic style in which 'what the coach says goes'.

**Strengths:**

It is a very efficient way to quickly explain and play a certain task/drift without questions needed.

**Weaknesses:**

- There is no consideration of different skills levels of players.

- The style allows for little feedback or interaction between the group.
Guided Discovery

The Guided Discovery style is closer to the Reciprocal style than the Command style by allowing greater input from the players and less commands. The coach will set up a drill as normal, but the players will develop their understanding through the use of questioning. The coach will never just give the answer so if the players are failing to identify the right answer then the coach will look to use open questions in order to slowly guide the players into the correct answer.

**Strengths:**

- This style forces the players to find a solution to the problems that occur.
- This will help to develop understanding of the players in certain situations.
- This will help with memory retention of the skill and scenario.

**Weaknesses:**

All players are different and some of the players may just let the more vocal players speak up and solve the problems due to a lack of confidence.

Self Check

The self check coaching style involves the pupils having a good understanding of what is required of them and what is seen as good or bad play. The coach will give them a criteria in which they should follow during this on-going feedback process and in doing so will develop a cohesive understanding with the players and also help to improve the players maturity and independence.

**Strengths:**

- Promotes independence and an increased knowledge of not just what is good and bad.
- This also allows players their own personal game and development.

**Weakness:**

If the player doesn’t have knowledge of what is required of them by the coach during the self – check process, then the coaching style will be useless.
**Inclusion**

For the required drill the players will be given a task to complete with different levels of difficulty. It will be up to the player to decide as to what level they see themselves at and to what difficulty level they will work on for that drill. If they begin on level 1, they will then move onto level 2 when completed and so on.

**Strengths:**
- Suits the needs of every player and promotes self-player development.
- This style will give the players confidence to improve on their own.
- Improving personally without the pressure of playing to the higher standards of others in the team.

**Weakness:**
Players may not be pushing themselves as far as they should be.

**Problem Solving**

The problem solving style puts impetus on the players to overcome scenario set by the coach within the drill. An example could be that the team are struggling to get width in their play. The coach could then give them hints and tips as to how to generate this type of play and then players will then have to generate a solution as to how to solve this issue, during the drill. In Short, Teacher will present the pupils with a problem and it is up to them to overcome it.

**Strengths:**
- Helps to develop the understanding of what the problem is and how to overcome it.
- This will help with game specific knowledge and development as this scenario could be replicated in a game.

**Weaknesses:**
With little guidance, the players could find it hard to find a solution to the problem and this could have an adverse effect on their confidence. If the players can’t find a solution, this would deem the session unsuccessful and a lack of learning present.