

During the session

During a session think of your coach developer role as a 'distant observer'.

In general, position yourself where you can see and hear enough but not so close that the coach gets uncomfortable and participants are distracted. If you need to make notes, do so well away from the action. Standing close by with a clipboard in your hand makes it look like you are assessing the coach and that is not the purpose. It makes the coach wary and sends the wrong message to participants and any observers.

It's best not to interrupt while a coach is talking to participants or busy organising. Wait until participants are in action and the coach is more available. The exception is when you see that there is risk, for example equipment is in a dangerous place or the coach is setting an inappropriate exercise.

Keep the discussion brief, the coach needs to be coaching. Depending on the maturity of your relationship, it may be appropriate to ask a question, or provide an observation or tip.

Sometimes the coach, particularly a novice coach, will be frustrated or flustered during a session. This would be a time for some words of encouragement and perhaps some suggestions. On rare occasions, you may feel it is necessary to provide hands on help, but this would be only when things aren't going well and need to be recovered. Use your judgement. If you see the coach is struggling in some way, discreetly ask if they want you to actively assist or even to take the next part of training.