



CORRELATION OF COACH AND ATHLETE : A MODEL OF MOTIVATION

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ABSTRACT :

Instructing is a great activity. That is a test of patience but it is a joyful and adventurous business. Nobody can't become a instructor, since instructing is an Art and Skill. Instructing is a tedious work. The instructor and the secondary staff spend time, energy, money, efforts and all the needed resources, to ready players in four fundamental aspects of technical, training, tactical and physical and psychic instructing. So through a process of coaching most players deepen and sharpen their learning skills. A good coach can lead a team to victory instead of piling up losses one after the other. We may call him a philosopher, judge, role-model, teacher, trainer fitness- instructor, psychologist etc. planning is a vital system to ensure continuous growth of personality and sports performance in the coaching age of high performance in the training age of high work. The major issue is that the art of modifying them and substituting them is not known to all the person. A coach can modify the behavior of players and can supply desired direction to them through the mechanism of inspiration. The entire team of experts, along with the coach can now survey the pasteurize movement of a player. In today's society man lives with loads of accent. These two aspects of science are very vital for the coach to deal with, Athletes have reached outstanding performance by sometimes adapting their behaviors to their coaches needs.



KEYWORDS : wild vegetable, proximate analysis, Tribal, Crude protein,fat.

INTRODUCTION

Coaching is all about directing instructing and training an athlete or a team in the operating of sports event, in order to attain a very high magnitude performance in a due course of time. The primary intent of every coaching interaction is to build awareness, responsibility and self-belief in the mind of the trainee. Coaching is a noble activity. It is a test of patience, but at the same time it is a graceful and adventurous profession. Everybody cannot become a coach, since coaching is an 'Art' and a 'science'. One who is into it, to him it's a gift, from his 'creator'. Many good players have aspired to become a coach, but all managed to get the satisfactory results. This is because a coach has to be a thinker and at the same time an 'innovator' and 'inventor'.

To be a successful coach or to attribute success one may have to look for ideal concepts and has to have vast knowledge in the field and through this he can establish his own ideology. There is no doubt, that coaching is a tedious job. As such one needs to have zeal and dedication. The coach and the subordinate staff spend time, energy, money, efforts and all the required resources, to prepare players in four basic aspects of training, technical, tactical, physical and mental training (psychological training). These are the most important aspects that play the pivotal role in strengthening the player's over all

confidence. There is abundant talent in this field, but talented people have failed to be successful. Talent does not guarantee success in sports. Those who want to excel in sports must have good physical fitness, technique, tactic and above all, psychological preparation.

According to the International coaching federation, coaching is an enduring specialized relationship that helps people produce extraordinary results in their lives, careers, businesses and organization. Therefore through a process of coaching most players deepen and sharpen their learning skills. They have also improved their performance at the optimum level and as such boosted their quality of life. In sports, a coach is a person involved in the direction, instruction and training of the operations of a sports team or individual sportspeople. A coach may also be a teacher.

Coaches are indeed essential in any field of undertaking. A coach can be linked to the alpha male in a pack of wolves which spearhead the attacks on other animals and in defending territory against aggressors. A good coach can lead a team to victory instead of piling up losses one after the other. A coach must possess the capabilities and necessary skills to help his team coasts to common objectives. Every coach must have the attributes of being open minded and resourceful, in other words, he must know well the weakness and strengths of the team as well as using his resources with efficacy and efficiency. A good coach should possess other positive and desirable qualities to ensure that his team will be able to achieve its short-term or long-term goals.

To become a successful coach, the coach must develop a road map called 'philosophy'. A coaching philosophy takes years to build up; but like mine, I went through a long process, a coach is a multi - dimensional personality. We may call him a philosopher, judge, role-model, teacher, trainer, fitness-instructor, psychologist etc. on the other hand a good coach sometime do get respect in his community, he is looked as an architect of the team, he is loved by his squad, and etches lasting friendship with players wherever he goes.

In sports attainment of the high performance is largely depend upon the systematic and scientific approach of training therefore planning finds its important place in sports training. Planning is an important method to ensure continuous development of personality and sports performance in the training age of high performance in the training age of high performance.

At every moment of life, different kinds of motives exist in life of human beings. The main problem is that the art of modifying them and substituting them is not known to all the person. Sometimes people find it difficult to channelize the motivational energy towards appropriate direction whenever required.

The biggest task of coaches is to find out the method with they can goad the players to learn important skills of the game properly only through this, they can achieve higher standards in performance. Players have to confront with various stressful and problematic situations during competition and only that player can cope with these situations who is highly motivated. A coach can modify the behavior of players and can provide desired direction to them through the mechanism of motivation. It should be understood by the coach that without motivating the players properly, he cannot prepare them to give their best performance during the competitions.

SCIENTIFIC FOUNDATION OF COACHING

Scientific ways of coaching requires the methodical knowledge to import and the physiological aspects of a trainee. If the coach pays minute attention to the biomechanics and understand the body movements of a injuries. The entire team of experts, along with the coach can now analyze the video movements of a player. The entire movement during a particular action can now be compared, with that of the correct techniques, on the basis of a model of another video, and then point out the mistake of that individual and accordingly one can correct the errors. If this series of action is noted seriously and put to test then the performance will be enhanced in the future course of action. In today's society, man lives with loads of stress. The reasons are due to various factors.

Sports psychology has been proved to be in important factor in coaching. As such, it has to be applied by a coach in his dealings, since it does not winning the competition, but with the correct mentality, it breaks the blocks that affect performance. Sports science is the science of action, it deals

with practical and theoretical aspects. These two aspects of science are very important for the coach to deal with. The theory will help to know as to how the body adapts to stress, overtraining, environmental factors, diet, hydration, biomechanics, cardiovascular system, nervous system etc.

To sum up, the research reviewed here that autonomy- supportive- behaviors have a beneficial impact on players intrinsic and self-determined extrinsic motivation, which are important determinants of performance and persistence. Athletes have reached outstanding performance by sometimes adapting their behaviors to their coaches needs. Only if the coach applies some feasible technology to note few of these action, in planning, organization training program like conditioning, technical-tactical teaching and preparing the teams for high intensity competitions. As sports is marching for excellent, ther always will be ample opportunity to sports scientist and engineers to do research to find better ways and means to improve sports performance of teams and individual players.

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