



RHODES UNIVERSITY SPORTS COUNCIL THE NEILEN LOCKE COACHING AWARD

The Neilen Locke Coaching Award, made possible by a generous donation from U.S. Old Rhodian Donovan Neale-May, will be awarded to an individual who has been an outstanding coach for Rhodes University for at least two years. Sports Clubs may nominate and advocate for their coach using the qualities listed below as a guideline.

Knowledge of the sport

The coach should have a through knowledge of the sport, including fundamental skills, conditioning and fitness training, tactical strategies and mental preparation. The coach should have up-to-date expertise and should show a willingness to stay abreast of new developments in the sport.

Commitment

The coach should be fully committed to the sport and to the players. The coach's conduct should be professional. All sessions should be attended with the coach having a high level of involvement. Where possible, the coach should attend matches to monitor players' progress and to give relevant feedback.

Well-planned coaching sessions

The coach should run well-planned and sound training programs. The coach should plan for the season to allow players to progress and improve. The coach should provide a structured training environment for the players to reach their potential.

Communication

The coach should explain his coaching information clearly. Clear goals should be set, constructive feedback given and efforts by players recognized. Advice should be constructive and applicable.

Listens to players

The coach should be open to the comments and input of the players. The coach should be athlete centred and always respect the players and their views.

Motivation of players

The coach should show enthusiasm, have a positive attitude and be able to motivate players both in training and during competitive matches.

Sets team (individual) goals

The coach should be aware of players' needs and capabilities and set goals accordingly. Short, medium and long-term goals should be established for the team(s) and individual players.

Role model

The coach should be disciplined and practice fair play.

