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GUIDELINES INDIVIDUAL SPORTS:

COACHES

- 1. Clearly define the values and behaviours that you want to transmit and be adopted by the children.**
- 2. Teach children the health and hygiene habits that go hand in hand with playing sports.**
- 3. Given that you have a direct influence on the children, set a good example in your behaviour and attitude.**
- 4. Be coherent; your actions and words must be consistent with one another.**
- 5. Try and find moments when you show your approval and support to both children and their families.**
- 6. Show a certain level of flexibility when resolving conflicts.**
- 7. Control your emotions when the children make mistakes or when they do it right.**
- 8. Make time and space to get together with parents, whether in an informal way or through meetings already scheduled during the term.**
- 9. Get involved in and committed to your training programme and to the objectives you have set for yourself.**
- 10. Seek information and help about the doubts you might have in regards to your activity.**