



7 Different Coaching Styles

Our coaching style as a parent and leader is heavily influenced by our spiritual gifts, personality, experiences and training.

**What kinds have you been under?
What kind of coach are you?**



1. Hard-driver. Hard-driving types like a name-calling, hard-edged, football coach.



2. High-praiser. High energy, pep rally types that seem to be on emotional steroids in a positive way.



3. Calm professional. Calm, methodical, business-like types that expect their team to train and perform at a professional level.



4. Personal mentor. Personal, motivational, mentoring types that really focus on the players.



5. Thorough teacher. Comprehensive teacher types that do not just focus on fundamental skills, but the philosophical and advanced elements of the sport, the art, or the subject.



6. Distant delegator. Objective, distant, overseer types that delegate much to their assistants.



7. Dry expert. Dry and boring types that may be experts in their field, but don't quite have the enthusiasm and communication skills to capture the imagination.

Children Yearn for Winsome Fathers.

"Fathers, do not exasperate your children, lest they become discouraged." Colossians 3:21

Motivational coaching. Your willingness and focus on matching up the coaching or motivational style that would be best for each of your children or followers will be the challenge, because one style does NOT fit all. Know them well so that you can adjust and coach them in a ways that will encourage, not discourage or exasperate them! Here are some examples.

- 1 **Hard-driver:** pushing; constantly challenging, critiquing: "Come on! You can do better!" "Let's push the limits! You are way better than this! GO, GO, GO!" This works with strong, highly self-motivated and visionary children (rare), but this just kills tender children (most).
- 2 **High-praiser:** positive reinforcement: "That's it, Son! You're the best!" "You can DO this." "Amazing work! You go, girl." "No worries, just give it another try! I believe in you!" Just about all of us need this to one degree or another, whether we admit it or not! And it is pretty rare for it to be viewed as overdone to the point of the praise ringing hollow. But, to be sure, mixing in a wee bit of correction or critique is good . . . and honest!
- 3 **Calm professional:** goals, steps, and charts to keep progress; matter-of-fact, but positive responses to successes and set-backs to stay on track. "Okay, Son, we're making progress here. That's good." "Yeah, that was a bit of a set-back, but let's see how we can recover and move on." "Hmmm. Yes, that was a train wreck, but it's not the end of the world, Buddy. It will take a while, but we can get back on track."
- 4 **Personal mentor:** one-on-one, heart-to-heart reinforcement, reminders, and reassurances: "You know, I have to tell you: you are really knocking it out of the park." "You are gifted in so many ways, but I'm concerned that you are letting your gifts go to waste here." "Well, it may be that your struggle with it is way more about your attitude than aptitude. Can we talk?" "So, have you thought that the problem may be just as much on your end as it is on theirs?" "Honey, I have to tell you that you really blew it here. But you know what? We can turn this around." We all need this!
- 5 **Thorough teacher:** fundamental skills; philosophical and advanced life principles. "Honey, remember . . . when an adult speaks to you, you always stop, look at their eyes, and answer them. Let's try again." "Okay. It didn't quite work, did it? Why don't we walk through that again." "Actually, Son, if you really expect that result, there are two or three things that have to happen to get you there." "I know that's what you're thinking right now, but it doesn't really work that way in real life, Honey." By the way, if your children see you as a life-long learner, they will be far more inspired to do likewise and listen to your counsel. But if you are not bettering yourself, then you can come across to them as an outdated or frustrated parent just spitting out stray stuff. "Whoops!"
- 6 **Distant delegator:** giving them some breathing space; loosening the apron strings; giving them a little more rope; allowing room to make mistakes. This begins very gradually in the middle school years and will expand in their teen years as you train them as emerging adults. Some parents are wrongly doing this during the captain stage when their children need their hovering protection, and instead are feeling unsettled to be given so much latitude. As your child grows, your hovering needs to diminish, as they need to learn to apply on their own the things that you have been pouring into them.
- 7 **Dry expert.** Though you may have difficulty in communicating well, you still need to share your insights and expertise as best as you can, especially when correcting them as we illustrated with a few key introductory phrases above. Good coaches/parents correct mistakes. Here is a three step sequence (do not reverse them!) based on the structure of the Sermon on the Mount that works wonders in correcting and coaching others: **Comfort . . . Affirm . . . Reveal.**