

UBC Active Kids - Gymnastics

Oliver Williams and Bryan Wong

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Background

- Oliver
 - Soccer, Nordic Skiing, Powerlifting
 - Coaching: Nordic skiing, Powerlifting coaching, Strength & Conditioning
- Bryan
 - Swimming, Badminton, Snowboarding, Powerlifting
 - Coaching: Personal trainer, Snowboard instructor, Powerlifting coach, Military

Trampoline & Tumbling

- Specialization Phase (ages 10-12)
 - Earlier specialization sport
 - Focus on deliberate practice and developing skills
- Domain: Coaching children - participation coaching



Coaching Type/Style

- Coaching Type: Autocratic Selling
 - Dictated what had to be done by the athletes, but made sure to explain and have athlete understanding
- Coaching Style: Analytical (Selling)
 - Thinkers/ detail-oriented/ likes rules

Coaching Parameter: Physical Abilities

- Able to demonstrate skills/movements with ease
- Importance of the coach to be able to show athletes the skills to aid in their learning and development

Coaching Parameter: Communication Skills

- Able to break down the drills and explain it in an effective manner

What I learned

- Importance of not only being able to communicate skills effectively to athletes, but also how to be able to do the skills and demonstrate them for better athlete understanding and to gain the respect/trust of the athlete

What I learned

- Communication styles differ between different age groups