

Active Kids Gymnastics Excel 2

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Participation coaching

Performance coaching

Coaching adults

Coaching high-performance athletes

Coaching Domain

Coaching adolescents

Participation Coaching:
Coaching Children

Coaching performance athletes

Coaching children

Coaching emerging athletes

Coaching Type

**LITTLE MISS
AUTOCRATIC**



**LITTLE MISS
DEMOCRATIC**



ANALYTICAL
(Selling)

Coaching Parameter - Athlete Supporter

- A friend, helper, and partner of the athletes



What we learned...

- Having a combination of a democratic (sharing) coaching style and an autocratic (selling) coaching style for this age group leads to high levels of motivation and success among athletes
- Having an athlete-centered approach and an awareness of individual athlete trajectory is critical for athlete development and athlete engagement

THANKYOU



FOR LISTENING