



United States Professional Diving Coaches Association, Inc.

WHAT TYPE OF COACH ARE YOU?

(This Is How the Divers See You!!!)

By Hobie Billingsley

- _____ Insulter - consistently puts the athlete down. Criticizes and rarely compliments.
- _____ Shouter - usually doesn't know much on technical side so shouts to replace skillful handling. The shouter usually turns the athlete off.
- _____ Avenger - coach lays into them after a poor performance. Revenge threat doesn't usually motivate the diver. Gives them undeserving punishment.
- _____ Choker - often communicative in practice, but ties up in meets. Can't get divers going due to nervousness and fear. Appears to be frustrated.
- _____ Shaky - gets real nervous under stress. Forgets things, sweats, shakes, usually smokes a lot. His nervousness usually affects the divers.
- _____ Tough guy - challenges divers into trying and doing anything and usually with little knowledge of or concern for the consequences. Like "you're not hurt, try it again," but with little coaching.
- _____ Molder - tries to mold all divers out of the same cast. Has one way of doing things and expects all to do it that way. Wants to mold every diver to his favorite style, concept, or pattern. For example, wants all his divers to use same style as Louganis.
- _____ Mumbler - not articulate or motivating. Monotonous talker. Some talk real quiet, fast, or slow, which often proves to be very irritating.
- _____ General Custer - wants to coach just one way. Never changes the approach to learning concepts or problems. Blames execution and attitude but never his own concept.
- _____ Egomaniac - Diver can never do the dive as good as the coach did when young, or divers he coached years ago. Thinks he is the only one who knows how to coach and how the dives should be done.
- _____ Sad Sam - total pessimist. "You'll never learn that dive." "Don't know if you should try this for you're not good enough." Has no confidence in himself or his divers. Tells you that you will be lucky if you make the finals.
- _____ Hero - always takes credit for his divers' success. "They did exactly what I told them to do." Superior coaching. It's "I won the nationals" or "they lost that one."
- _____ Critic - one who criticizes rather than analyzes. He looks for mistakes and constantly offers a negative and often sarcastic comment.

_____ Whiner - takes it personal if a mistake is made. "Here I spend hour after hour telling you how do to it and you never listen to me or hear what I say." You don't appreciate my coaching.

_____ Sloppy Joe - coach who is disorganized. Does everything wrong. Never shows up on time, dresses poorly, forgets things, no consistency in workouts. Needs a good manager or assistant.

_____ Scientist - goes into great detail and makes the dive complicated rather than easier to understand. Creates paralysis through analysis. Uses high tech terminology.

_____ Hitler - coach who is in total control. Never explains why, but do it because I said so. Is unapproachable. Doesn't want to hear excuses or alibis. Not personable and never deals with emotional matters.

_____ Motor mouth - believes the more he talks the more you learn. Talks so much, he confuses the diver rather than simplifies or corrects the problem. Tries to cover too much territory at once.

_____ Rapper - calls his divers names and uses sarcasm believing it will create a positive response. Cutting them up or chewing them out. Always putting the athlete down.

_____ Black Catter - the superstitious coach. Eating or wearing the same thing will determine success or failure. Indicates coach isn't sure of himself. Can lessen his effectiveness with divers.

_____ Rockne - giving highly inspirational pep talks... a constant chatter. Sometimes works but often loses its effectiveness and meaning. When a diver wins, it was his pep talk. Best to use this approach in practice and training sessions.

_____ Super friend - wants to be one of the boys. Does a lot of back slapping and hugging (especially the girls). Leads singing on the bus and talks with divers on all subjects (girls, for example). Not too acceptable for he's always around trying to be their age and they can't do their own thing.

_____ Jailer - coach who constantly checks divers out. What they eat, who they date, how they must sacrifice everything to become champ. Parties and social activities are out. Often forces diver to lie to coach. Rules and discipline are okay if they are realistic.

_____ White Cane - tells you what is wrong but doesn't know or tell you how to correct it. Doesn't analyze anything. For example, tells you that you went over on that dive but never tells you why.

_____ Sulker - walks away or withdraws when things go wrong. Becomes cool and unresponsive toward divers. Is moody and seems in a trance.

POSITIVE

_____ Supporter - loyal to his divers. Stands up for them at all times. Does as much as possible for them in and out of the pool. Never cuts them up publicly, to other coaches or athletes. Is understanding and only asks that you do your best. He shows confidence in his coaching and his divers.

- _____ Mr. Cool - coach who is calm, relaxed, and has great poise when under pressure. Can pull team together when things go wrong. Doesn't blow up in front of others. Cools off then talks to diver: privately. He criticizes in private and approves in public.
- _____ The Shrink - is a good psychologist ... will listen to divers, then offer information to help. Sympathizes when things go wrong. Handles defeat well.
- _____ The Tourist - spreads himself around to all the divers. Doesn't play favorites or work one diver against another. Gives everyone a lot of attention.
- _____ Counselor - offers direction but allows diver to make a lot of his own decisions. Offers a lot of discussion on view, dives, personal problems, etc.

About the author: **Hobie Billingsley** is regarded by many as one of the greatest coach in the history of the sport of diving. He is retired from coaching but still travels around the globe giving clinics and seminars on the sport he loves. When not teaching, Hobie writes articles and books about his diving experiences and adventures. He spends most of his time in Venice, Florida, but maintains a home in Bloomington, Indiana