**Rob Partridge: Coaching Philosophy**

My philosophy is about having trust, honesty, and integrity. As a coach, you trust the athlete will do what you recommend, however this should not be done without the ability to question, as trust and honesty work both ways. The athlete must be able to trust you and your decision making and feel comfortable that they can question decisions or an approach. They should be able to trust that you will be honest and mindful and give their opinion the thought that it deserves. And so, there should be relevance and ownership. An athlete should know why they are being asked to carry out a task, as well as have input into what they are doing. The athlete should have a positive learning environment with a view to long term development and wellbeing.

Potential and ability are in every individual to reach and discover. I coach because when those discoveries are made, it is priceless. It is also being able to understand the complexity of sport, the entwined relationship of the technical, tactical, physical, and mental skills that are required. As a technical coach and a strength and conditioning coach, I have a role in helping an athlete with some of that understanding and to help them embrace it. I help the athlete to recognise the incremental gains that are required to reach their personal goals -- which may at first seem very distant -- to realise that they can be achieved, and to manage expectations if they are a little out of reach.

Every athlete will have different aspects of a sport which they find problematic, therefore, the challenge and joy of coaching is to help find the key to unlock that aspect.

Lastly, I believe that we should empower athletes to be independent, resilient, and resourceful, and to ask searching questions of themselves and their coaches.

“Remember that there is no substitute for hard work and careful planning.”

- John Wooden