

If you were a coach...

Instructions: Place the words from the table into the correct spaces below. The words that are **bold** and underlined are definitions of the missing words. When you are finished, use the questions to have a discussion with a classmate about coaching and sports.

sportsmanship	drills	discipline	implement
conditioning	dynamics	morale	recovery

If you were a coach, ...

1. what would some strategies be for how to boost the _____ of an athlete or team? What are some things that negatively affect **spirit and confidence**?
2. what would be some common _____ that you'd have your athletes do? Have you ever done **a sports training activity** as an athlete?
3. how would you handle it when athletes want to rush their _____? Have you ever had to **rehabilitate** a sports injury before? What happened?
4. how would you ensure that your athlete has the right _____ to start the season? Would you say that you are **prepared to do strenuous physical activity** right now?
5. how could you ensure **camaraderie** and good team _____ between your players? Do you think managing an individual athlete would be easier than a team?
6. would you care if your player had good or bad _____. What are some examples of athletes **displaying fair treatment** of their opponents?
7. would you ensure that your athletes showed _____ when it comes to their diets? What are some foods that you should eat **in moderation** and others that are beneficial?
8. would you _____ a strict dress code for your athletes? Do you think **putting** a “dress like a winner” policy **into effect** would lead to positive results?