|  |  |  |  |
| --- | --- | --- | --- |
| sportsmanship | drills | discipline | implement |
| conditioning | dynamics | morale | recovery |

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.*

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?