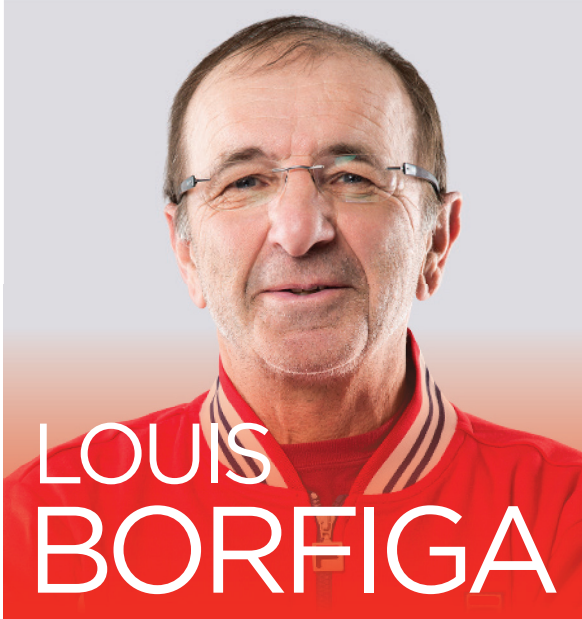


# A GOOD COACH?



*Many are asking this question, each with their own opinion, their own truth. In reality, it is difficult to answer with certainty, as the evaluation method can vary from one person to another. However, when you think about it, when you look at the references in the field of coaching in various sports, there are certain common and fundamental elements that I will describe to you here.*

---

**"THE FIRST  
INDISPENSABLE QUALITY  
IS PASSION."**

---

**T**o be happy every day to work with athletes, to have this daily desire to help them improve, to share goals. A coach has an obsessive passion for their job. They feel a certain void when they are not coaching.

## THE MEETING

At the start of each coach's career, there is an encounter which will often determine the future. This meeting will serve as a model, an inspiration and will sometimes serve as an awakening in some people with a hidden vocation for this profession.

## OPENNESS AND CURIOSITY

A good coach is constantly on the lookout and is always searching for new information. They document and listen because they know they must learn from others. A coach does not hesitate to incorporate exercises found elsewhere. They can be somewhat of an IDEA THIEF.

## HAVING YOUR OWN PHILOSOPHY

This open-mindedness must then lead them to have their own philosophy. It will be important to coach with their own personality and to promote their beliefs. A coach will outline a path and follow it. Under no circumstance should they be influenced by criticism, no matter the source. They must follow through on their convictions and their ideas.

## ATTITUDE

To be an example, to have an impeccable attitude on and off the court. It is the coach who creates the drive and the enthusiasm. They will have to find the right tone and discern the moments when they must be more instructive and the moments when they must encourage and empower their player. A coach will gain the respect of their athlete through their competence, investment, seriousness and not by being a buddy. Respect for the coaching profession requires a certain distance between the coach and the athlete.

## COMMUNICATION

It will be very important to adapt to the personality of each athlete. With some, it will be necessary to have more dialogue, while with others, it will be better to be more instructional. To do this, a coach will need to understand their players at the psychological level. But what a great challenge to have to decide when and how to speak with them! One of the most interesting aspects of our job, in my opinion.

## REWARDS

When I started coaching, one of my mentors expressed to me that I should do this job out of passion, but to never expect a thank you. Today, looking back, I can say that their prediction was wrong. The attitude, the mark of recognition, the respect of my former players are a great source of satisfaction.

## DO YOU HAVE A BOOK TO RECOMMEND?

I am unable to recommend a book. I have forged my coaching beliefs by reading a number of magazines and interviews given by various coaches.

I also learned a lot from coaches in other sports, such as *M. Houvion*, coach of Olympic pole-vaulting champions and *Wenger Arsène*, renowned soccer coach.

When it comes to tennis, I like *Tony Roche's* approach. And you will not be surprised when I tell you that several French coaches have influenced me, including the likes of *Jean Paul Loth, Hagelauer, Massias*.

But again, there is something to learn everywhere we look...

**In conclusion, beyond the search for performance, isn't the goal of a coach to transmit values to our athletes through sport, values that will follow them and serve as references for the rest of their lives?**