



# ETHICS AND SELF- IMPROVEMENT FOR COACHES

Level II Coaches Course



# By the end of this session you should be able to:

- explain the concept of ethics in tennis and its importance
- identify several ethical principles in your coaching
- identify the basic ethical standards needed for coaching
- explain the importance of self-improvement
- identify different areas for self-improvement and ways to do it



# WHAT ARE ETHICS?

- The discipline dealing with:
  - what is good and bad / right and wrong
  - moral duty and obligation
- Group of moral principles or set of values

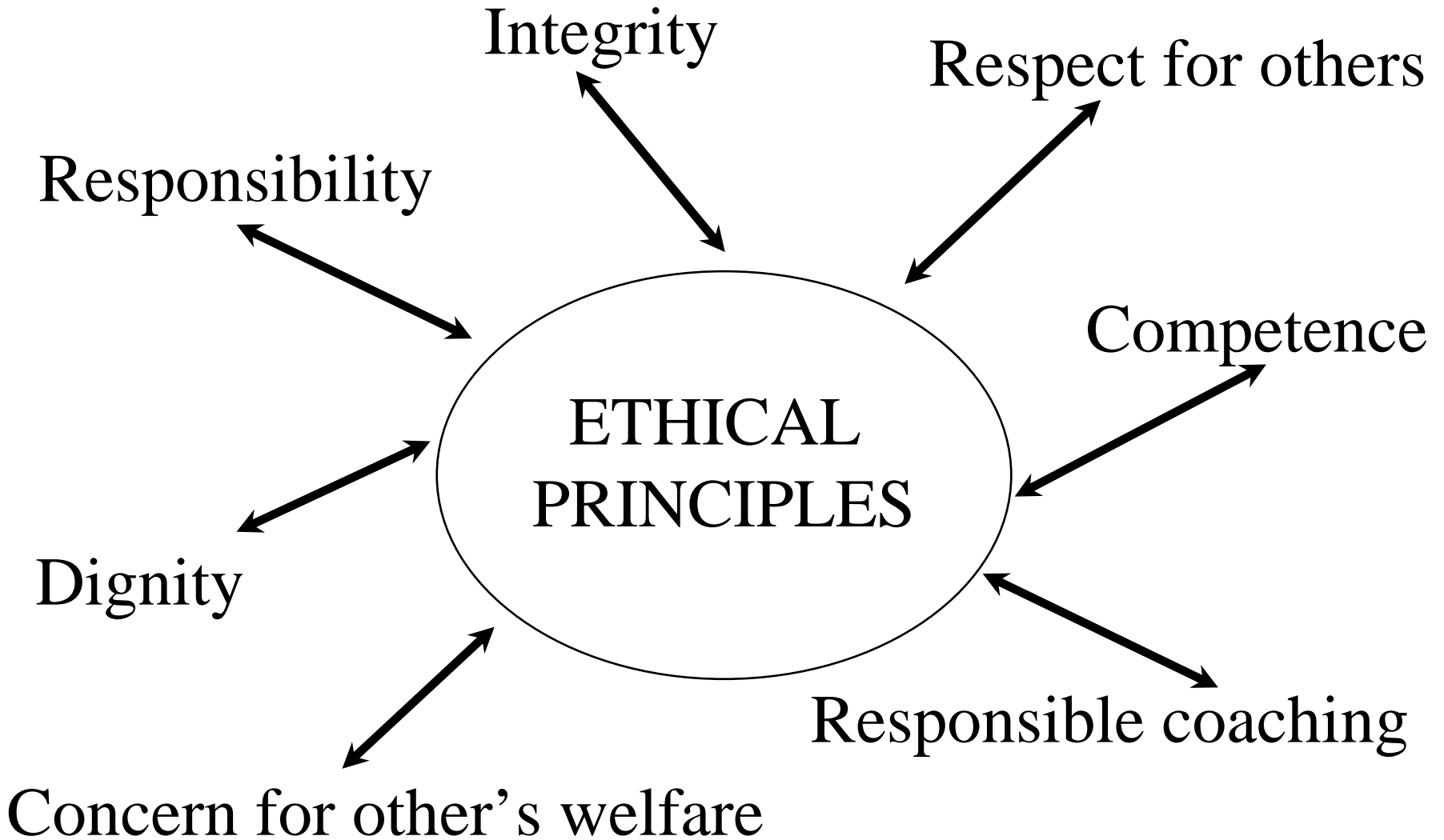


# ETHICS FOR COACHING

- Principles of conduct governing an individual or a profession
- Standards of social and professional behaviour
- Need of a CODE OF ETHICS
- Basic premise:

**THE RIGHTS AND NEEDS  
OF THE PLAYERS BEFORE  
THOSE OF THE COACH**



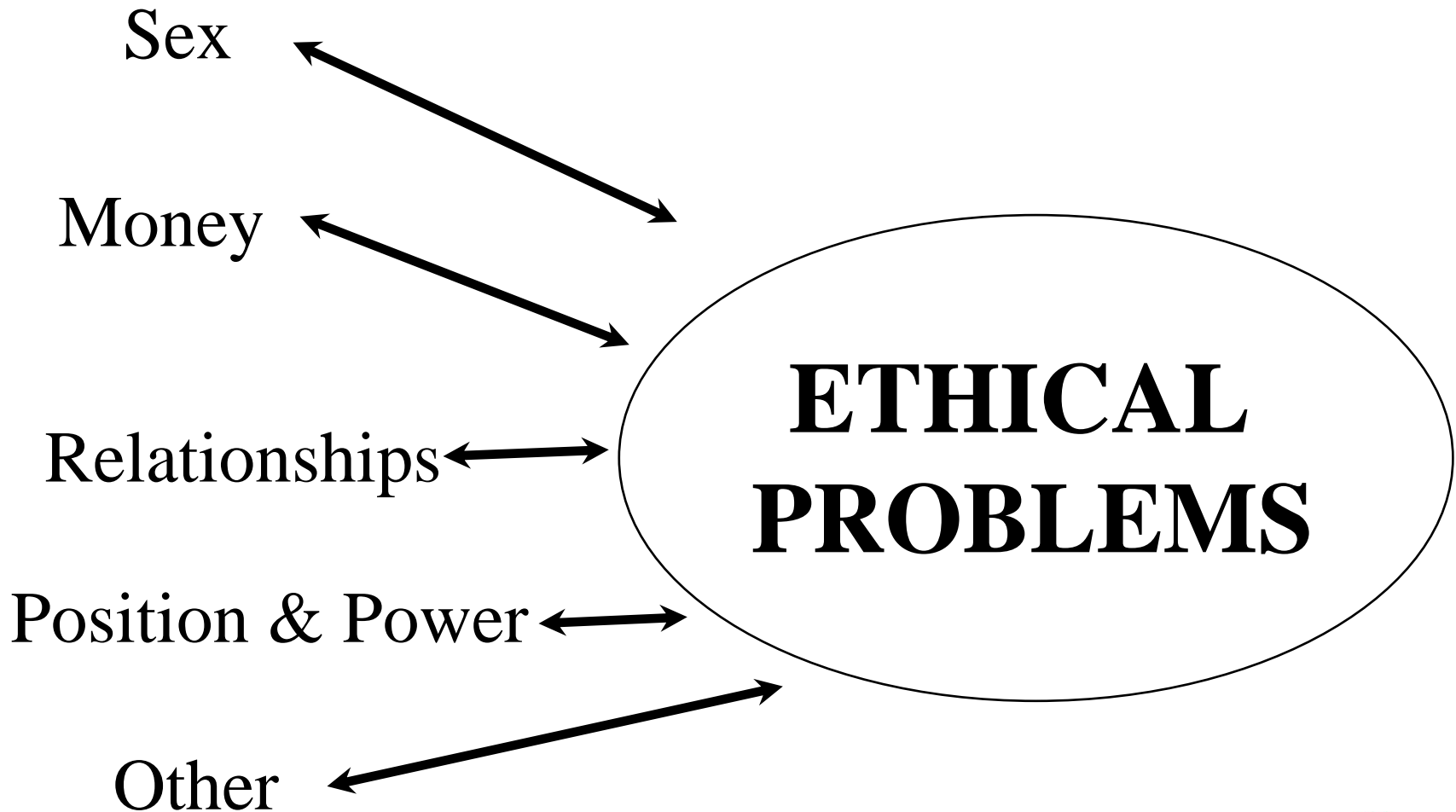


# ETHICAL STANDARDS

## for a tennis coach

- To observe the standards of his organisation
- To promote its image to overall benefit
- To avoid clashes of interests
- To charge the pupils a fair fee





# IMPORTANCE OF SELF-IMPROVEMENT



- Benefit to yourself personally and professionally
- Benefit to your students
- Benefit to your organisation



# WHAT TO DO TO INCREASE SELF-IMPROVEMENT?

- Have an open minded mentality
- You can always learn new things
- Proper time management
- Know areas useful to focus on



# AREAS USEFUL TO FOCUS ON SELF-IMPROVEMENT (I)

- Improving education (by attending coaches workshops)
- Learning foreign languages
- Travelling
- Improving public speaking skills
- Reading books



# AREAS USEFUL TO FOCUS ON SELF-IMPROVEMENT (II)

- Starting a tennis library of books and videos
- Taking a tennis lesson themselves
- Becoming computer literate
- Staying fit
- Learning from other coaches
- Improving level of play
- Attending high level tournaments



# QUESTIONS

- Why ethics are important in teaching tennis?
- Do you know any Code of Ethics for tennis coaches?
- Why is self-improvement important in teaching tennis?
- Which areas do you think are the most important to focus on for self-improvement?

# GROUP OR INDIVIDUAL TASKS

- Write down a sentence that summarises your ethical thinking in coaching
- Write down three areas you think you should focus on for your own self-improvement
- Explain why to your partner
- Explain/write down how you will try to do this

# DISCUSSION

- Should ethics be an individual or a group issue?
- Recount an ethical problem you may have had in your coaching career
- How would the group solve/deal with this issue?

