



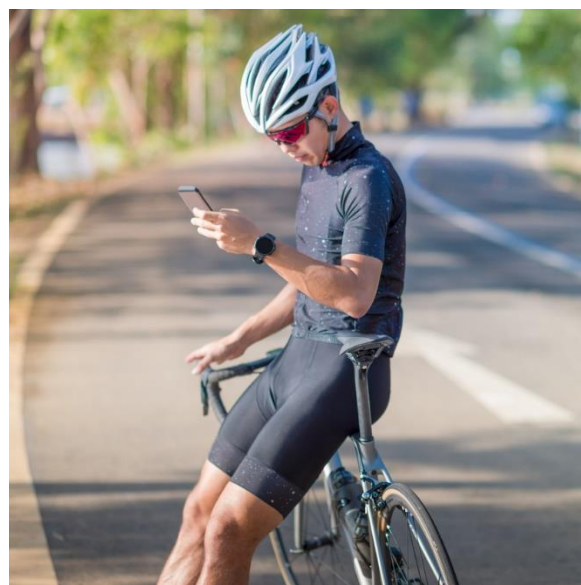
Remote coaching: how to make it work

Source article: [Blanchfield, J., McArdle, J., & Haughey, T. \(2023\). Sports Coaching in an Online Space: What Can We Learn From Endurance Sport Coaches?](#)

The challenge

There has been a dramatic evolution of the workplace in recent years, forcing many people, including sport coaches, to adapt and reconsider how they go about their working lives and relationships. Coaches have had to become more adept at coaching from a distance (i.e. remotely) by interacting with their participants and athletes in an online environment, which most coaches were not prepared for and had no experience in.

In some endurance sports, such as cycling and triathlon, remote coaching is not uncommon, since the coach and athlete (participant) are not always in the same location. In this situation, the coach has to provide feedback and instructions on a participant's performance and development, while also creating a safe and engaging environment, by using a mixture of online catchups and video and data analysis.



The researchers behind this study sought to share insights from coaches who have successfully coached remotely, for those who may need to in future.



Insights for coaches



Knowledge

- Each environment is different, so you need to be acutely aware of what your participants need, what they are trying to achieve and what training facilities they have available. Getting to know your participant and their environment is even more important when coaching remotely.
- Having a broad and well-rounded level of knowledge of the coaching process, as well as in-depth knowledge of your sport is important.



Technology

- When coaching remotely, you will need to use a variety of digital tools to monitor, interact and communicate with your participants.



Communication

- Be highly efficient in how you interact with your participants. For example, instead of calling a participant each week you could use online feedback forms and instant messaging to get information and provide feedback.
- Since you will have less face-to-face time with your participants, there is often a delayed feedback loop. Try to be more prescriptive in your instructions and use specific language to convey information.



Trust

- You need to create an environment of trust and respect, since your participant/s will be on their own for long periods of time.
- Giving your participants autonomy and having honest, specific conversations is more important when coaching remotely.

More information

Read the full [research paper](#) or learn more about the modern approach to coaching on the [Australian Sports Commission website](#).