

# WHAT IS THE MEANING OF SPORT COACHING? (Expectations, possibilities, realities)

*Professional paper*

## **Abstract**

*In the paper information is given about important parameters, concerning the role of the coach. Special attention is paid to 10 different topics: physical and mental abilities, transfer of the knowledge, ability to manage different age groups, pedagogy, support the athletes, ready to help, motivation, outlook, behaviour. 2 dominant themes will be also briefly analysed: the main requirement from the coach (charismatic personality) and the main aim of the coaching activity (to educate healthy, stabile and happy human beings).*

**Key-words:** *abilities, behaviour, characteristics, pedagogy, role of the coach*