

MODERN APPROACHES TO THE ORGANISATION AND CONDUCT OF COACHING PRACTICE

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Introduction. Practice in a children's and youth sports school is an important element of the process of training a higher education student majoring in 017 Physical Education and Sports [1, 3]. To ensure quality coaching practice, it is necessary to take into account the individual needs and characteristics of each student, set clear pedagogical goals and objectives, and create safe and comfortable conditions for practice. It is important to develop and maintain professional competence, as well as to use modern methods and innovative technologies to improve the quality of training and classes [2].

Purpose. To analyse modern approaches to the organisation and conduct of coaching practice.

Methods. Theoretical analysis and synthesis of literature sources.

Results. The task of coaching practice is to provide individual and collective support to participants in the educational process in learning and development. Modern approaches to coaching practice include:

- *context-oriented approach*: involves adaptation to the specific needs and context of participants;
- *development of personal competences*: focus on the development of personal competences (leadership, communication, creativity, strategic thinking);
- *use of various teaching methods*: games, improvisation, dialogue, interactive exercises, etc;
- *collaborative approach*: focus on developing cooperation and interaction between participants of the training and educational process, which allows achieving better results;
- *use of modern technologies*: video conferencing, online platforms, webinars;
- *focus on the result*, that is on the practical use of knowledge and skills in professional activities and real life;
- *focus on self-improvement*: the trainer focuses on the development of participants as individuals, helps them to develop and improve themselves in various spheres of life.

These approaches interact and transform into each other, allowing participants in the educational process to create unique approaches to education and training. In addition, an important element of coaching practice is the continuous learning and self-improvement of the practitioner. This allows to maintain the high quality of training and respond to the changing needs and requirements of the modern training process.

The organisation of classes during the coaching practice has its own peculiarities that should be taken into account when planning and conducting training: individualisation of the approach; use of modern methods and technologies; systematicity and planning; monitoring and evaluation of results; creation of comfortable conditions; development of mental skills; development of sports culture; development of sports discipline.

Conclusions. Modern approaches to coaching practice allow to ensure the effectiveness and practical value of the educational process, helping participants to develop their competencies and skills in various areas of both professional and everyday life.

Keywords: coaching practice, approaches, organisation, features.

References

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