

Do men and women coach differently?



[Active Sara](#) 1,120 posts since

Oct 2, 2007

In your experience, do you see a different between the way men and women coach? How are they different? Do you have a preference?

Tags: coaching, soccer, women, coach, sara-allen, men, gender



[Trish18](#) 454 posts since

Jun 5, 2007 1. **Re: Do men and women coach differently?** Dec 5, 2007 8:25 PM

It is safe to say both male and female coaches are capable of possessing all the qualities you want in a great coach: motivational, committed, knowledgeable and can lead by example. I#ve had more male coaches in my life than female coaches#-mostly male though high school and then two sets of women coaches in college. Across the sports, both the men and women I played for possessed these qualities, that is, that the large majority of their coaching styles overlap.

My initial reaction was to say the biggest difference in my experience was that the female coaches were stricter and the males were more laid-back. But that can most likely be attributed to the fact that the women coaches level of play was much higher... and the men I played for happened to be laid-back because that was their individual personality, not necessarily because they were male. There may be too many variables to make a conclusive call.



[nvrunder7](#) 9 posts since

Oct 23, 2007 2. **Re: Do men and women coach differently?** Dec 6, 2007 11:35 AM

I think that they are different Sara. I personally do not have a preference but i think that the way a women reacts to a women is different than the way a women reacts to a man.

Whether one is better or worse I dont think is for anyone to say because I think that it is different from person to person. As long as the man/women has played and knows the sport I do not think that it is a problem. As for women coaching men's sports, that may be a problem unless you are Goldie Hahn. A women may have a hard time gaining the respect of young men especially in sports like football. Not that I think anything is wrong with it, because I think a woman may be a better coach than a man, but a lot of coaching is making a good relationship with your players.

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[RyanActive](#) 61 posts since

Jun 4, 2008 3. **Re: Do men and women coach differently?** Jan 7, 2009 11:50 AM

I know female soccer players who say they prefer a male coach, some even saying they couldn't see themselves playing for a female.

Personally, I think it comes down to what you know, what you've grown up with. Someone who's played for both male and female are probably more open-minded than someone who's grown up with just one and has had success that way.



[VerDiv](#) 4 posts since

Jan 16, 2009 4. **Re: Do men and women coach differently?** Jan 16, 2009 9:13 AM

isnt important the gender I think , important its the tehcnique and how much time work with the team ...



[apgarg](#) 2 posts since

May 18, 2008 5. **Re: Do men and women coach differently?** Feb 20, 2009 2:21 PM

They sometimes do: Coaching (Soccer) like the Congress is male dominated and women in both sometimes adapt their style to to that of the majority. I think girls and boys definitely learn differently; and, that must be understood to successfully coach either gender. Whether the coach adapts his/ her style to his audience is up to the individual coach's ability and knowledge.

Re Female coaches being more strict than their male counterparts: That may stem from the same reason that fathers tend to be less critical of their daughters and mothers of their sons. Fathers are probably more objective of their daughters than their sons because they look at them as they are: without any experiential personal factors re their own childhoods. I'm not sure that coaches don't sometimes fall into the same trap. If true, a male coach may be better and more objective when coaching womwn than his female counterpart-all other

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variables being equal. Obviously, the same would hold true for female coaches and male players.



[MasonThe9](#) 2 posts since

Mar 11, 2009 6. **Re: Do men and women coach differently?** Mar 13, 2009 5:14 PM

👤 in response to: [ap garg](#)

I also say they coach differently, I say the female are stricter and the male are laid back. I prefer male because they're laid back and a bit more fun sometimes. but, sometimes I wish I had a female so I get a bit more intensity in the training session.



[randytravis](#) 1 posts since

Mar 24, 2009 7. **Re: Do men and women coach differently?** Mar 24, 2009 1:58 AM

in my opinion there shouldn't be any distinction between them both. Maybe the physical aspect of training should differ slightly, but endurance and speed no....



[amjad12](#) 1 posts since

Jun 2, 2009 8. **Re: Do men and women coach differently?** Jun 2, 2009 2:00 PM

In soccer the training items should be the same whether the coach is a women or a man. No men and women do not coach differently. Soccer exercise is the same for all. However there might be difference in things such as a man coach speaks with loud voice and anger than a women. A man coach might give physical importance while a women might be educational and statistical importance attached to soccer.

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