





**MM:**

answer during the session. Now, some of that might be a bit scaffolded, you know, in terms of, you know, working on you might work on a skill, you know, particularly at the rt, know, in terms of,

KP: Energy and enthusiasm and all of the things that go with it, but also to say to me, "I don't get that. Tell me about it. Tell me, what do you mean what, what do you mean?" And so and I and I say to them that they if they don't get it, they must say to me, they must engage, not just go, oh, well, you know, I don't get this. Yeah. And so and again, it's that responsibility to say, I don't understand that. And I would never say to them, you know, I'd never turn around and say, well, you weren't listening or, you know, whatever it would be more about. OK, so why haven't you understood it, you know, maybe I didn't explain it properly, maybe then it's beyond their understanding at the moment, because sometimes I think I've seen coaches coach under 12's and and particularly under 12 girls who haven't had a huge amount of experience of sport. You know, they maybe don't watch it at home because they're not encouraged to watch it at home, like sitting down with Dad and I was always used to sit and watch rugby with my dad, but, because he was a massive rugby fan and he had two daughters, so I didn't have a lot of choice, but if you've got a brother, probably dad and the brother sit and watch football. So, you know, girls get really sort of sidelined in terms of how much sport they've seen before they get to those, have those experiences. So. Sometimes the language you use around 12-year-old girls

which was about how positive they were or, you know, how they play, you know, and they and they've done one for me as well. And and that is what they considered under 14 girls stuff. But actually, they secretly liked it, so I think. You have to dress it up slightly differently, but no, I don't think there is a huge amount of difference. So that's yeah, that's sort of where I would say I come from.

**MM: Yeah, absolutely. And then just final question Kate. If we've got the time then, what would you say your biggest lesson that you've learned has been through your coaching?**

KP: Not to get stressed, which is really difficult because it is you know, coaching is stressful and it is frustrating and, you know, those sorts of things. But when, early in my early days on the sidelines, I used to get really stressed and and really affected by decisions that umpires made and things like that. But my experience now, has told me and reflecting because I always go away and reflect after a session, even if it's not formally, I sort of think, well, why didn't that work what were you know, what was made that so good ? And I would reflect. And I know that if I start getting stressed with an umpire, then the players reflect my behavior, so