There are six types of power: legitimate, expert, reward, coercive, nutrient, and referent, all of which may be present and used in the coach-athlete relationship.

You get **legitimate** power because of your role as the coach, just like the President of the United States gets power simply because of the role.

You get **expert** power because of your skills and knowledge. You know how to shape and develop an athlete’s swimming skills, endurance, and desire to compete and win.

You get **reward** power because you control the rewards: anything an athlete desires, including fame and fortune.

**Coercive** power involves forcing athletes to do something they don’t want to do, like practice too intensely for hours, skip their school work, ditch their friends for swimming, or ignore others on the team who don’t meet your expectations.

**Nutrient** power involves releasing or withholding resources, like your experience and knowledge, from an athlete who needs them.

**Referent** power develops when your athletes want to be just like you - they look up to you, admire you, value your every word. They’ll do anything to please their coach.