

COACHING PHILOSOPHY

Creating a coaching philosophy is fairly simple. Living up to it all season long is the tricky part. What's a coaching philosophy? It reflects the standards you set for yourself and your team, and it's the foundation of your coaching values and beliefs.

Entering the season without a coaching philosophy is like driving across the country without a road map. Sure, you eventually arrive at your destination, but you may waste a lot of time and energy with wrong turns and unnecessary problems and aggravation along the way. A thoughtful coaching philosophy keeps you on the right track as you negotiate your way through the season.

Developing your Coaching Philosophy includes knowing your own core values, understanding your youth and your goals for the season.

Developing Coaching Philosophy

1. Why do you coach?
2. What are your personal core values? These are the values you hold in highest regard and the ones you are comfortable sharing with and teaching to the youth that make up your team.
3. Who are your athletes? Why do they play the sport? How old are they? What do they want out of their sports experience? (their age and athletic and personal development and goals will inform your coaching philosophy)
4. What are the goals of your program?
5. To create your coaching philosophy, consider your personal values and what you want to teach the youth. Also consider who your youth are and what your program goals are.

Examples of philosophy statements:

- Show up for yourself and others
- Be honest, fair and open with all involved with the team
- Always do your best
- Never talk about winning