

Developing Your Coaching Philosophy

► **Directions:** Please take about 30 minutes to complete this exercise. This will help inform the coaching philosophy that you will write and share at the Mentor Coach Institute.

1. What's most important?

List 3-5 guiding principles (the very most important things to you) of your coaching. Examples include: to ensure that all my players have fun, to encourage effort above all else, to teach technical skills without losing the fun.

1. _____

2. _____

3. _____

4. _____

5. _____



2. Clarifying your coaching values.

Please consider each of the coaching values listed below. Then mark each continuum on the spot that best reflects your values.

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Emphasis on winning Emphasis on player's effort

Recreation level ▶.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
level Earned playing time Everyone plays

Varsity level ▶.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
level Earned playing time Equal playing time

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Intense Fun

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Benevolent Dictator Democracy

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Winning this season Developing athletes as successful adults

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Break them down then build them up Build them up to build them up

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Constant chattering Picking your spots

◀.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....●.....▶
Control flow of play Prepare and let them play

3. Your Coaching Legacy:

When I retire as a coach, what I hope to be remembered for as a coach is ...

4. The seeds of your philosophy:

At the Mentor Coach Institute, you will be asked to write a draft of your coaching philosophy. A sample philosophy is listed below.

My goal as a coach is to teach my players fundamental (sport) and team skills in a fun, positive, and safe environment. When I coach, I focus on effort and improvement above all else. It is also to teach kids respect for the game, other players, opponents, and officials. Beyond that, I highlight the life lessons that inevitably result from the game, such as teamwork, resilience, responsibility, hard work, balance, and sportsmanship. Playing time is determined (in order) by work ethic, attitude, and skill. All things being equal, I believe in providing the opportunity for all kids to be placed in critical positions and situations throughout the season.

In light of your answers to prompts 1-3, list the key words and phrases you'd like to include in your coaching philosophy. My key words and phrases are:
