



Coaching Philosophy

Level I
Coaching Education and Training Program



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Craig H. Neilsen Foundation

Established in 2002, the Craig H. Neilsen Foundation is the largest private foundation dedicated to improving the quality of life for those living with spinal cord injury (SCI), by supporting innovative program services, specialty training and research on effective therapies, interventions and treatments, leading to a cure. Today, the Foundation funds SCI scientific research (basic, translational, clinical and psychosocial research); quality of life programs; postdoctoral and SCI medicine fellowships; and other projects to support the SCI community throughout the United States and Canada.



Presentation Objectives

- Understand the value of an athlete centered, mastery based coaching philosophy
- Understand the tools and skills necessary to develop, strengthen and implement your coaching philosophy



Coaching Philosophy

What makes coaching such a difficult task?



Having a well developed, useful coaching philosophy will take a lot of guess work out of the game and make what many may feel are hard decisions fairly easy.

Scenario Discussion #1

Your team is conducting their last practice prior to a very important game when your star point guard, Jane, starts to yell at a teammate that missed a pick and then storms off the court missing the rest of practice. One of your team rules is that players must attend all practices if they are to play in games. Without Jane your team most likely will not win the game and will not qualify for the post season. What do you do?



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Scenario Discussion #2

Your team is playing in a national championship semi-final when your star athlete takes a bad spill in the first half where his head makes contact with the floor. When he gets up he looks a little woozy and isn't sure what the game score is or who had possession of the ball. What do you do?



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Scenario Discussion #3

Your team is playing an arch rival in a tournament semi-final game. A foul is called on the opposing team's best player, Steve. The scorer's table indicates that is Steve's 5th foul. The opposing team's bench indicates that should be his 4th foul. You go to your bench and see that your scorekeeper also has Steve as having four fouls. You will almost certainly win the game if Steve is fouled out. What do you do?



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Coaching Philosophy

- Why develop a coaching philosophy?
 - Help make difficult decisions
 - Avoid dilemmas in ethical decision making
 - Give consistent direction in decision making
 - Avoid succumbing to external pressures



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Coaching Philosophy

- Do you have a well-developed coaching philosophy?
 - What are your major objectives? The things that you value and want to achieve.
 - What are your beliefs and principles that will help you achieve your objectives?
 - Where does winning fit into your coaching philosophy?



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Coaching Philosophy

- Two steps in strengthening a useful philosophy:
 - Develop greater self-awareness
 - Determine your objectives in coaching



Coaching Philosophy

- Developing Self-Awareness
 - Reflecting on your own beliefs, assumptions, and actions
 - Requesting feedback from other people on how they see you and how they react to you



Coaching Philosophy

- Developing Self-Awareness
 - Who am I?
 - What do I want in life?
 - Where am I going?
 - Is my behavior appropriate to my life's goals?
 - Am I proud or ashamed of who I am?
 - Am I happy or unhappy?



Coaching Philosophy

- Developing Self-Awareness
 - Why do I coach?
 - Am I coaching for the right reasons?
 - What are my goals as a coach?
 - Am I a good coach?
 - What would make me a better coach?



Coaching Philosophy

- Developing Self-Awareness
 - Self-Esteem
 - Achieved by living up to your own realistic standards
 - Not based on winning
 - Self-Disclosure
 - Builds relationships
 - Creates trust
 - Helps you to help others



If you have confidence you will help develop confidence in those around you. If you feel worthy as a person you will recognize worth in others.

Coaching Philosophy

- **Determining your objectives in coaching**
 - Complete the following questionnaire to help you decide about your objectives for winning; having fun; and helping young athletes develop physically, psychologically, and socially.




Coaching Philosophy

- Determining your objectives in coaching
 1. Read each statement and the three options that follow.
 2. Decide which of the three options you believe is most important, and write the number 3 in the open box next to that option.
 3. The decide which option is least important to you and write a 1 in the corresponding open box.
 4. Put a 2 in the remaining open box.
 5. Add up the scores for each column, and put the totals in the TOTAL SCORE boxes.



Your Coaching Objectives			
The Best coaches are those who...			
a. give individual help and are intersted in their athletes' development.			
b. make practices and games fun.			
c. teach athletes the skills needed to win.			
If a news story were written about me, I would like to be desribed as ...			
a. a coach who contributed to the development of young people.			
b. a coach for whom athletes enjoyed playing.			
c. a winning coach.			
As a coach I emphasize...			
a. teaching skills that young people can use later in life.			
b. having fun.			
c. winning.			
TOTAL SCORE			
	Development	Fun	Winning



Coaching Philosophy

- Determining your objectives in coaching
 - Three Major Objectives of Sport
 - To have a winning team
 - To help young people have fun
 - To help young people develop
 - » Physically
 - » Psychologically
 - » Socially



Coaching Philosophy

- Determining your objectives in coaching
 - Society's' Objectives
 - Development Vs Winning



Coaching Philosophy

- Determining your objectives in coaching
 - Recreational Vs Competitive

Emphasis On...

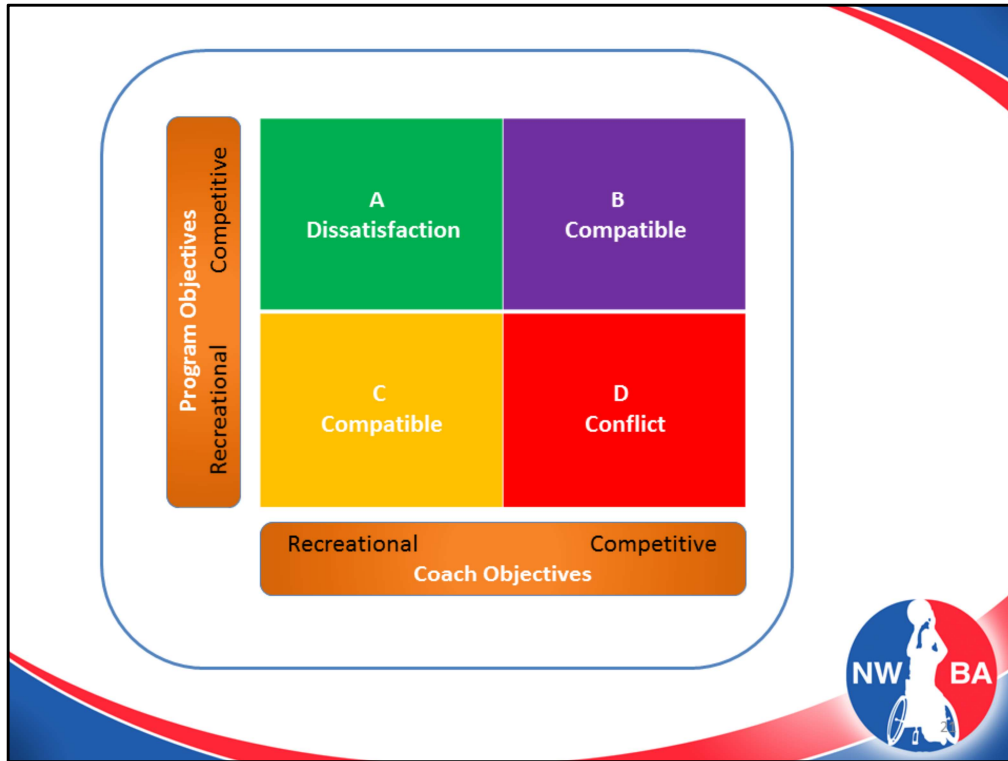
Fun
Learning
Participation by All

Recreational Sport

Winning
Performance
Participation by the Best

Competitive Sport





Coaching Philosophy

- What are the characteristics of an athlete centered, mastery coaching philosophy?
 - Athletes First, Winning Second
 - Know and care about your athletes
 - Continual improvement



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Summary

- Own your coaching philosophy
- Implement your philosophy through actions
- Engage in reflection to develop self-awareness
- Determine your coaching objectives and ensure they align with the program objectives
- Athletes First, Winning Second

