

# CONSIDER YOUR COACHING

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## GREAT COACHES ARE TEACHERS

- Teaching players the skills
- Teaching players how to play within the team concept
- Teaching players how to make good decisions
- Teaching players not to be afraid to fail
- Teaching players character values
- Teaching players to be successful as BOTH players and people

## WHY DEVELOP A COACHING PHILOSOPHY?

A well-developed philosophy will help you make difficult decisions, coach more consistently, communicate more effectively and be more successful.



## PHILOSOPHY IS THE PURSUIT OF WISDOM

- Helps us understand fundamental questions of what, why and how
- Determines how we view objects and experiences in our lives
- Determines how we view people and our relationships with them
- Determines how much value we place on objects and people
- Philosophical uncertainty leads to inconsistency in behavior

## THOUGHTS ON PHILOSOPHY

When you're in the muck you can only see muck. If you somehow manage to float above it, you still see the muck but you see it from a different perspective. And you see other things too.

The point of philosophy is to start with something so simple as not to seem worth stating and to end with something that makes you BETTER...

There's a difference between a philosophy and a bumper sticker like "GO BIG or GO HOME!!!"

## PURPOSE FOR WRITING COACHING PHILOSOPHY

- Starts everyone on the same page
- Shows how you approach the game
- Blueprint of you as a coach
- No surprises for anyone
- Players make an informed decision to play for you
- Helps you keep winning in perspective
- Guide to coaching decisions

## **BENEFITS OF WRITING A COACHING PHILOSOPHY**

Keeps you on point!

Teams (and parents) need a clear idea of what they are expected to do and how they are expected to do it.

Goal setting is a major part of motivation, empowerment and commitment.

Provides knowledge, information, and feedback.

Enhances consistency.

Encourages a team playing together, playing unselfishly and having the characteristics of a family.

Reinforces your communication with parents and your assistants.

## **COACHING PHILOSOPHY**



Be yourself.

Define your coaching objectives.

Establish rules.

Build and nurture relationships with athletes.

Be organized.

Involve your assistant coaches.

Help athletes manage their stress.

Focus on the big picture.

## **A WRITTEN COACHING PHILOSOPHY CAN HELP**

Play smart and make good decisions

Total focus throughout competition

Team is totally positive and enthusiastic

Have fun and play loose

Play with composure in a crisis situation

Play with a lot of courage (and moral courage)

Play with confidence

Play with a good attitude

## **POSSIBLE CONCEPTS IN PHILOSOPHY**

Winning

Sportsmanship

Time management

Academics

Priorities

Choosing captains

Decision making

Athlete vs. Adult centered

Commitment by all coaches & players

Player roles

Substitutes

Trust

Work ethic

Playing time

Mentoring and/or self-improvement

## **KNOW YOUR "SELF"**

Self-awareness

Self-esteem

Self-disclosure



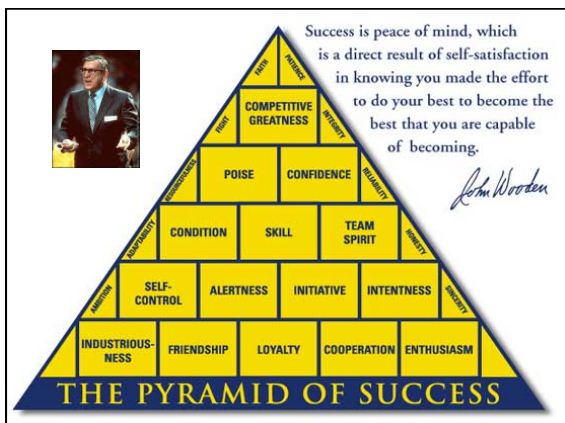
## **"SELF-AWARENESS"**

When you are at peace with yourself you can help your athletes be at peace with themselves.

What you teach may well be less important than what you demonstrate through your character and philosophy.

Your athletes are much more likely to become what you are rather than what you want them to be.

You will be better able to mentor less experienced coaches or more receptive to being mentored.



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