

Your Coaching Philosophy Worksheet

How does your perception of a coach stack up to what students say they want in a coach?
Use the spaces below to list the coaching attributes you believe students are looking for in their coaches.

What you think

1.
2.
3.
4.
5.
6.
7.

What students really want

It may surprise you to learn that the attributes students look for in a coach have little to do with X's and O's and more to do with how you treat and value each student as an individual.

The vast majority of students who participate in interscholastic athletics are not looking for a master coach in terms of tactics and winning. Rather they are looking for a competent individual who respects and values them first and foremost as young adults who are exploring how to interact effectively with their environment and work out whom they are, what they believe, and what they want to achieve in life. Because of this, your role as a leader is critical in creating the best learning environment.

Research indicates that high school athletes are looking for the attributes listed in the center column. How does your perception match your students' perception of what they want in a coach? Use the remaining fields on this form to examine your own coaching philosophy. For each attribute in the middle column describe what you can do to meet those expectations.

What you think	What students want	What can you do?
1.	Competence	
2.	Approachability	
3.	Confidence	
4.	Fairness and Consistency	
5.	Motivation	
6.	Personal concern	
7.	Support	

What is your school's Mission Statement?

It is important that you understand and support your school's mission, vision and philosophy particularly as it applies to interscholastic athletics.

Enter your school's mission statement here.

Examine your motivations

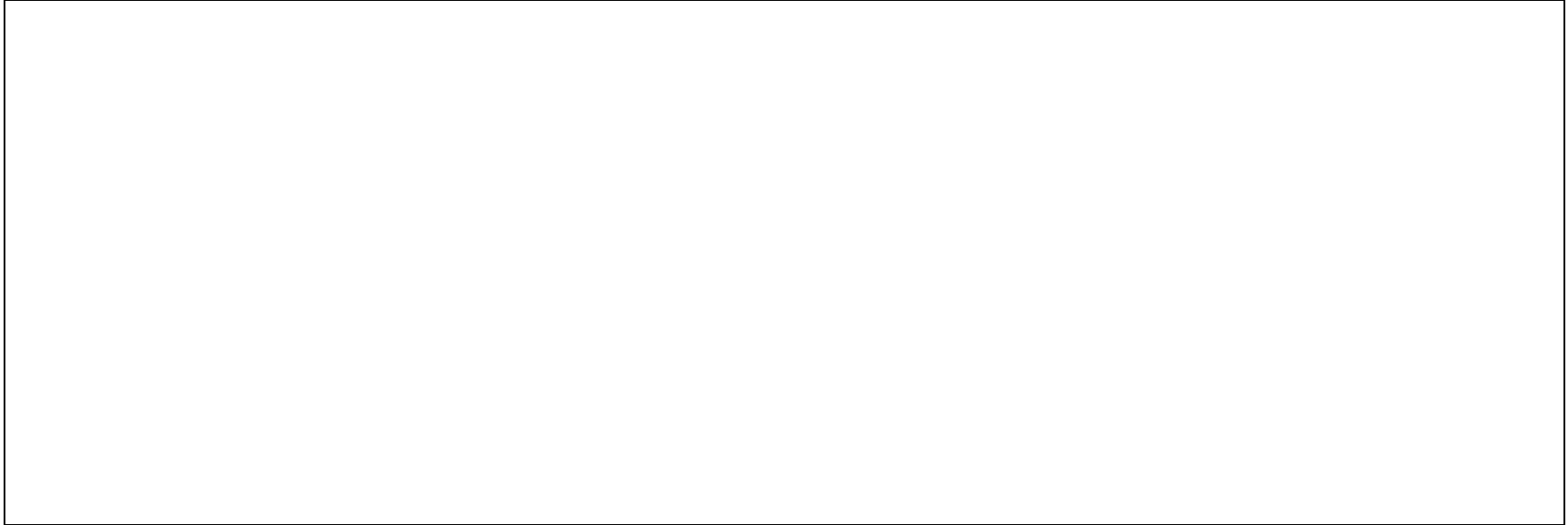
Why do you want to be a coach?

Earlier you learned what students want and expect in a coach and were asked to describe what you can do to meet those expectations. Now it's time to build on that foundation.

The first step is to examine your own motivations for being a coach. Enter a few sentences which describe why you want to be a coach.

A student-centered approach:

Describe how you can develop a more student-centered approach to coaching. Reflect on your current coaching approach and how you can implement a more student-centered approach.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Self-awareness and Coaching Skills

How do you rate your coaching skills?

For each coaching skill set, describe your strengths and weaknesses, In the next column, honestly rate yourself on each skill set on a scale of 1-10 where 1=very poor and 10=outstanding. The responses should help you understand your current strengths and limitations as a coach and assist you in the development and improvement of self-awareness.

Technical skills: Knowledge base of sport		
Describe your strengths and weaknesses.	Describe how you can build upon strengths or improve upon weaknesses.	Rating (1-10)
Tactical skills: Analytical/decision making component of coaching. Skills that help win contests		
Describe your strengths and weaknesses.	Describe how you can build upon strengths or improve upon weaknesses.	Rating (1-10)

Managerial skills:		
Maintenance and organization of a systematic approach to coaching in terms of preparation, time management, administration, programming etc.		
Describe your strengths and weaknesses.	Describe how you can build upon strengths or improve upon weaknesses.	Rating (1-10)
Interpersonal skills:		
The most critical category that underpins everything a coach does, such as communication, social skills, motivation		
Describe your strengths and weaknesses.	Describe how you can build upon strengths or improve upon weaknesses.	Rating (1-10)

Communicating your Coaching Philosophy:

Every practice and competitive contest provides an opportunity to communicate your coaching philosophy to your students. This does not happen by chance and will only be successful if you approach each occasion purposefully and with a plan. Take advantage of every opportunity to communicate your student-centered coaching philosophy to students, parents/guardians, and program staff in both verbal and written form.

Use the space below to describe how you will communicate your coaching philosophy to each of these groups.

Describe how you will communicate your coaching philosophy to your **students**.

Describe how you will communicate your coaching philosophy to **parents/guardians**.

Describe how you will communicate your coaching philosophy to **program staff**.