

Outline for Presentation for *Establishing Your Coaching Philosophy*
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I. What is a Philosophy?

- A. Different coaches/Different coaching styles
- B. All good coaches have a philosophy.
- C. Established their purpose and what it is that they are trying to do and accomplish
- D. A Guide for Living
 - 1. Guide for how to coach and how game is played
 - 2. A guide for your program or team for how they will live their athletic lives
 - 3. Elements in your philosophy
 - a. Behaviors while with the team and away from the team
 - b. Attitude
 - c. Sportsmanship
 - d. Work ethic
 - e. Practice goals & game goals
- E. Develop philosophy based on what you see as your purpose as a coach of young people and what the purpose of organized athletics is for young people.
- F. Methods
 - 1. Few sentences
 - 2. Paragraph form
 - 3. Lists
- G. Core Covenants (Bruce Brown)
 - 1. Definition of a covenant
 - 2. List of qualities or traits that you want your team to possess
 - 3. The ties that bind us together as one team
 - 4. My core covenants for my teams.
 - a. Discipline
 - b. Strong work ethic
 - c. Commitment to team
 - d. Positive attitude
 - e. Good sportsmanship

II. **Why Does a Coach Need a Philosophy?**

- A. Direction
- B. Focus
- C. Purpose - providing kids an opportunity for a positive athletic experience
- D. Give others an understanding of what you are trying to do and why you do what you do
- E. To Help Maintain Focus on What's Important

III. **The Three Philosophies to Establish**

A. General Athletic/Coaching Philosophy

- 1. How the coach will lead the team/How the players will behave as athletes
- 2. Win at all costs vs. just have fun
- 3. Elements to consider
 - a. Level of play at which you coach
 - b. Providing kids an opportunity for a positive athletic experience
 - c. Fun
 - d. The importance of TEAM – “Don’t let your teammates down.”
 - e. Hard work
 - f. Discipline - doing what needs to be done, doing it the right way, and doing it that way all of the time
 - g. Character and sportsmanship

B. Sport-Specific Philosophy

- 1. Develops and Changes through the years
- 2. BB Examples
- 3. Personnel will often determine your philosophy
- 4. Practice Philosophy
 - a. Individual Skills Development
 - b. Group Work
 - c. Team
 - d. Conditioning
 - e. Scrimmaging – How much is too much?
 - f. Over-coaching
- 5. Be open to new ideas – philosophy isn’t etched in stone

C. Playing Time Philosophy

1. Different Levels
2. General philosophy impacts playing time philosophy
3. Communicate it to coaches, athletes, and parents
4. All kids on all levels should get a “decent” amount of PT

IV. **Communicating Your Philosophy**

A. Assistant Coaches

1. Your Allies
2. Allow suggestions and discussion
3. Head coach has ultimate decision on things

B. Players

1. Better understand why you do what you do
2. Explain it to others who may question them about what is going on
3. Don't put themselves into a bad position
4. They may struggle with it. (Livingston BB example)
5. You all still have to work at it.

C. Parents/Community

1. Pre-Season Meeting (Explain all three philosophies)
2. Letter Home/Policy Sheet
3. Newspaper
4. Game Programs
5. Radio/TV Interviews

V. **Live Your Philosophy**

- A. Adversity will force you to follow through on your philosophies.
- B. You will question if your philosophies at times.
- C. They are a “work in progress.”
- D. Critical to have a philosophy and stick to it when things get tough
- E. Example of kid getting technical
- F. It's not just a piece of paper – it's a way of living