

Coach-Parent-Athlete Partnership: Our Power Play

Questions for Reflection on my Coaching Philosophies

Part 1: My Coaching Philosophy



My Mission

Why do I coach? What's my goal? What are the real reasons why I decided to become a coach?

My Vision

What is my ultimate aspiration for the team and the athletes development?

Example: My ultimate aspiration is to enable athletes to develop a growth mindset that encourages them to continually strive to improve and learn from their experiences.

My Core Values

What principles and beliefs are most important to me as a coach?

Example: Emphasize shared responsibility - athletes are involved in making decisions that affect them.

*Be careful not to confuse development aspirations with performance or result objectives (e.g., finishing first in the rankings).

Part 1: My Coaching Philosophy (continued)



My Principles

What mantras or sayings sum up my mission and core values?

Example: Victory and defeat are part of the learning process.

My Standards

What are the 3 to 5 essential behaviors* you and your players must adopt at all times to succeed?

Example: Always reframe situations in a positive way, mentioning what went well, what needs to be improved and what we learned from the situation.

The Foundation of my Coaching Philosophy

What stories from my personal experience have influenced my coaching philosophy?

*Make sure to choose standards of behavior that are distinct from the actions expected to achieve good results (e.g., being present at every training session, being punctual).



Part 2: My Team Culture Philosophy



Here are a few points that could be addressed:

- How will you establish standards of behavior (e.g., if you have a list of ground rules, share it with parents)?
- How will you develop a relationship with each athlete on your team? Here are a few examples to inspire you:
 - Create moments to connect with each athlete (e.g., one-on-one meetings, a presence in the locker room).
 - Regularly recognize each athlete's efforts and progress.
 - Get to know my athletes beyond their sporting experience.
- How will you develop team cohesion (e.g., team activities, group objectives, limiting group formation, team rituals)?
- What type of leadership system will you use within the team (e.g., a traditional model with a captain, a group of leaders)?



For your information

[Team building activities are available on the Sport'Aide website, in the Cohaesia approach](#) (english version available on request).



Part 3: My Playing Time Philosophy



- Explain your approach to allocating playing time between players and give any relevant details on this subject according to their stage of development. For example:
 - Will athletes play in different positions?
 - Can playing time be deducted in the event of inappropriate behavior?
- Explain transparently how you make decisions about playing time at different times of the season (e.g., at the beginning of the season, at tournaments). Make sure parents understand the complexity and intentional thinking behind these decisions.
- Explain how you will communicate the decision to the players if time is taken away from them, and how you will support them in more difficult times (e.g. feedback, opportunity for discussion).

