



Key Points of a Coaching Philosophy

This resource stems from a question submitted to the Ask PCA blog. Responses come from our experts including PCA Trainers, who lead live group workshops for coaches, parents, administrators and student-athletes.

"If you were to list the top 5-8 things that a coach might list as philosophy points of a program when speaking to parents during an opening season parent meeting, what might you say?"

PCA Response by Mike Farley, PCA Trainer–Milwaukee

The key is to recognize why you are holding a parent meeting: as a critical tool to impart understanding of the "culture you keep" in your program.

That entails sharing your rules or regulations (tryout policy, key factors to success, defining "success", expectations for how parents interact with coaches, etc.) with players' parents. Some programs are super strict and others are looser; neither is necessarily superior. The key is that you are consistent and that the expectations of your program match up with those of the parents. This first meeting sets that tone... and in turn, your team culture.

The meeting can help nip potential problems in the bud. You want to establish a framework for dealing with issues when the unexpected occurs (and it always does). Be clear. Be decisive. And ask yourself, "What do I want my legacy to be?"

All that said, here are the items I consider central to the philosophy of a Double-Goal Coach®:

- 1. Sports are supposed to be fun. We're going to have fun.**
- 2. If you commit to being on time and fully participatory in all our practices, I will make sure you participate in every game.**
- 3. I expect everyone to positively cheer on their teammates throughout the season.**
- 4. Our sportsmanship will be exemplary.**
- 5. I expect improvement from every player. If you're not working on improving yourself and your teammates, you're letting the team down.**

continues



BETTER ATHLETES
BETTER PEOPLE



Key Points of a Coaching Philosophy, continued

5. I expect your best effort on every play.

6. Mastering skills and understanding the game are what we will work on this year. Winning will take care of itself as we improve these skills.

PCA Trainer Mike Farley is a former pro football player and longtime youth sports coach.

To read more questions and answers like this, or to submit your own question to the Ask PCA blog, visit:

www.positivecoach.org/our-tools/ask-pca

For more Resources, visit: **www.PCDevZone.org**

For more information on Positive Coaching Alliance, visit: **www.PositiveCoach.org**