



# Positive Coach Self-Assessment

A positive coach's two goals are to develop competitors and life skills through sports. A positive coach knows that they are the key to unlocking the many benefits that sports can provide such as building connections with others, developing new skills, resilience, teamwork, fair play, delayed gratification, and how to compete fiercely while treating others with dignity. A positive coach also realizes that a coach's words and actions - good or bad - might be remembered for a lifetime.

Assess yourself on each of the statements below using a 1-5 scale:  
(1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).

## Building Trusting Relationships

\_\_\_\_\_ I lead my interactions with empathy by listening to understand the perspectives of my players and meeting them where they are at.

\_\_\_\_\_ I give my players voice and choice to help create a collaborative team environment that shows them that I value their opinion.

\_\_\_\_\_ I reflect on the interactions I've had with my players to note specific details about the individuals and learn where to improve.

## Coaching for Mastery

\_\_\_\_\_ I teach players to focus on mastery through providing maximum effort, continuously learning, and bouncing back quickly from mistakes.

\_\_\_\_\_ I introduce a "Team Mistake Ritual" (physical gesture like "flushing mistakes" or "brushing it off") to help players quickly rebound from mistakes.

\_\_\_\_\_ I reward effort, not just good outcomes, and provide specific, effort-based feedback.

## Filling Emotional Tanks

\_\_\_\_\_ I use encouragement and positive reinforcement as my primary method of motivating.

\_\_\_\_\_ I seek to achieve the "Magic Ratio" of five specific, truthful pieces of positive reinforcements to each specific, constructive criticism or correction.

\_\_\_\_\_ I ask questions and encourage players to speak and contribute during team meetings.



## Positive Coach Self-Assessment (Continued)

### Honoring the Game

- \_\_\_\_\_ I encourage my players to behave respectfully and with dignity towards the Rules of competition, Opponents, Officials, their Teammates, and one's Self.
- \_\_\_\_\_ I seek out teachable moments to help my players develop life skills through experience and discussion
- \_\_\_\_\_ I model the type of behavior and attitude I want to see from my players both in the team setting and out in the community.

