3 QUESTIONS TO ASK YOURSELF

1. WHY DO I COACH?
2. WHY DO I COACH THE WAY I COACH?
3. HOW DOES IT FEEL TO BE COACHED BY ME?
LEADERSHIP

LIST THE 5 QUALITIES OF YOUR BEST COACH OR TEACHER
WHAT ATHLETES WANT FROM US…

RESPECT AND ENCOURAGEMENT
POSITIVE ROLE MODEL
CLEAR, CONSISTENT COMMUNICATION
KNOWLEDGE OF THE GAME
SOMEONE WHO LISTENS
WHAT ATHLETES WANT FROM US...

CONNECTION

Source: http://youthreport.projectplay.us
<table>
<thead>
<tr>
<th>#</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Positive Team Dynamics</td>
</tr>
<tr>
<td>2</td>
<td>Trying Hard</td>
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<tr>
<td>3</td>
<td>Positive Coaching</td>
</tr>
<tr>
<td>4</td>
<td>Learning and Improving</td>
</tr>
<tr>
<td>5</td>
<td>Game Time Support</td>
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<td>6</td>
<td>Games</td>
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<td>7</td>
<td>Practice</td>
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<td>8</td>
<td>Team Friendships</td>
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<td>9</td>
<td>Mental Bonuses</td>
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<td>10</td>
<td>Team Rituals</td>
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<tr>
<td>11</td>
<td>Swag</td>
</tr>
</tbody>
</table>
WHAT IS “QUALITY COACHING?”

USOC Quality Coaching

- Essential Coaching Knowledge
- Athlete-Centered Outcomes
- Contextual Fit

Source: USOC QUALITY COACHING FRAMEWORK
## WHAT IS “QUALITY COACHING?”

<table>
<thead>
<tr>
<th>Athlete outcome</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Competence</strong></td>
<td>Sport-specific technical, tactical and performance skills; overall health, fitness and physical well-being</td>
</tr>
<tr>
<td><strong>Confidence</strong></td>
<td>Self-belief, resilience, mental toughness and sense of positive self-worth</td>
</tr>
<tr>
<td><strong>Connection</strong></td>
<td>Interpersonal skills, ability to build and sustain meaningful and positive relationships</td>
</tr>
<tr>
<td><strong>Character</strong></td>
<td>Respect for the sport and others, integrity, self-discipline, and ethical and moral decision making</td>
</tr>
</tbody>
</table>
They don’t care how much you know until they know how much you care!
Trust
Competence

Integrity

Caring

Dependable
Eye Contact
Greeting
High Five
The Power of the Circle of Champions
Clear Communication

Someone Who Listens
Get to athlete’s level
No sunglasses
Make eye contact
Ask questions
Talk like a caveman
The Rule of One

One Comment Can Change their day, and change their life.

One Person

One Time
“One thing I wish my coaches knew about me that would help him/her coach me better is...”
Be more concerned with your \textit{character} than your reputation, because your \textit{character} is what you really are, while your reputation is merely what others think you are.
Bend FC 2005 Girls White Team Values Worksheet

Teamwork
Encourager
Helpful
Sportsmanship
Supportive
Respectful
Great Attitude
Fearless

Communicable
Positive
Focused
Kind
Giving/King
Loyalty
Hard Worker
Listener
Trustworth

I commit to being the type of teammate described above

Reese  Brooklyn  Sophie  Madison
Maggie  Kristin  Sophia
Ali  Gianna  Samantha  Cassidy

Kristen  John  Tristan G
Team Values Session

Individual Sheets and Large Board

List of Things from Last Season to Keep Doing

List of Things from Last Season to Stop Doing

3-5 Words/Phrases that Describe a Great Teammate

Define the Values
Be Intentional

Reward/Talk About Them Daily

Use Teammate Shout Outs

Give Season Values Awards
3 QUESTIONS TO ASK YOURSELF

1. WHY DO I COACH?
2. WHY DO I COACH THE WAY I COACH?
3. HOW DOES IT FEEL TO BE COACHED BY ME?
REQUIRED MATERIAL

THE POWER OF MOMENTS
CHIP HEATH & DAN HEATH
The bestselling authors of SWITCH and MADE TO STICK

Inside Out Coaching
How Sports Can Transform Lives
JOE EHRMANN
With Paula Ehrmann and Gregory Jordan

THE CULTURE CODE
THE SECRETS OF HIGHLY SUCCESSFUL GROUPS
DANIEL COYLE
New York Times Bestselling author of THE TALENT CODE

make it stick
The Science of Successful Learning

Peter C. Brown
Henry L. Roediger III
Mark A. McDaniel
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