

Why I Coach

Developing Your Philosophy

A philosophy is a set of guidelines to govern your actions. They are developed from:

- Ideas formed from your own experience
- Opinions gained from knowledge you have gathered
- Your desires for the future

Directions:

In developing a useful coaching philosophy, you need to explain the following and search for your answers.

1. Why do you want to coach?
2. Why do children participate in athletics?
3. What do parents expect from a sports program?
4. What are some of the reason why children quit playing sports?
4. What are some of the reason why children quit playing sports?
5. Who are some of the people I want to use as role models?
6. How can I communicate my philosophy to others?

To be an effective coach, you need to develop a philosophy and continue to refine it on an ongoing basis. Using your answers to the above questions, and the insight you have gained from your coaching colleagues, compose a draft of your coaching philosophy.