



Coach

Developing a Coaching Philosophy

As a coach you can dramatically influence:

- A player's football experience and development
- The quality of the club and team environment
- Aspects of the player's life
- The longevity of the player's football career.

All these facets of a player's experience are affected by your personal values, beliefs and principles, which, in turn, guide your actions and inform your decisions. They underpin all aspects of the coaching process and govern the way you coach, and in particular, the manner in which you interact with your players.

Taken together, these values, beliefs and principles form the basis for your coaching philosophy that will continually evolve over your coaching career.

So why is it important to have a coaching philosophy?

Your coaching philosophy will significantly influence how you will approach all aspects of your coaching role. For example, your coaching philosophy will:



- Determine your role in the club
- Determine your coaching style
- Underpin your coaching principles
- Guide how you plan for all aspects of the football experience in the club
- Guide your communication style including how you go about resolving conflicts.

Generally your coaching philosophy is developed on the basis of the experience and wisdom gained from what you have experienced throughout your playing career, from talking to other coaches, and reading about the lives of coaches that you admire.

When thinking about your coaching philosophy, it's important to consider the following:

- Communication style
- Coaching style
- Role of assistant coaches
- The role of fitness
- Player discipline
- The development of a club culture
- Team selection
- The development of a game plan and team rules
- Player responsibility
- Relationship with umpires.



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Coaches Whiteboard

DEVELOPING YOUR COACHING PHILOSOPHY:
SOME FUNDAMENTAL QUESTIONS

What are your reasons for coaching?

What do you believe and value about the coaching process?

Why do you believe your players are participating in the game?

How does your team/club wish to be perceived?



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DEVELOPING YOUR COACHING PHILOSOPHY:

FIRST STEPS IN STARTING YOUR COACHING PHILOSOPHY

Write down one or two sentences under each heading which describes your approach to each of the topics listed. You might be guided by question such as: What does this area of coaching mean to you? How would you approach this area? What behaviour would you demonstrate – how would others observing see you? Your coaching role (What are the main on and off field roles you will be carrying out?)

Your Coaching Role (on and off field)

Coaching Style

Communication Style

Role of Assistant Coaches

Relationship with Umpires



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FIRST STEPS CONTINUED

Fitness

Player Discipline

Developing Club Culture

Team Selection

Development of Game Plan & Team Rules

Player Responsibility



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FIRST STEPS CONTINUED

As you have seen, there are distinct categories of coaching styles. There is however no one perfect style that leads to coaching success. Understanding your own preferred style and its strengths and weaknesses is important in developing a successful coaching program.

In general, what is your preferred coaching style?

Taking into account the age and characteristics of your team and your own personality, how do you believe you will adapt your style to coaching the team?
