

**Outline for Presentation for *Establishing Your Coaching Philosophy***  
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**I. What is a Philosophy?**

- A. Different coaches/Different coaching styles
- B. All good coaches have a philosophy.
- C. Established their purpose and what it is that they are trying to do and accomplish
- D. A Guide for Living
  - 1. Guide for how to coach and how game is played
  - 2. A guide for your program or team for how they will live their athletic lives
  - 3. Elements in your philosophy
    - a. Behaviors while with the team and away from the team
    - b. Attitude
    - c. Sportsmanship
    - d. Work ethic
    - e. Practice goals & game goals
- E. Develop philosophy based on what you see as your purpose as a coach of young people and what the purpose of organized athletics is for young people.
- F. Methods
  - 1. Few sentences
  - 2. Paragraph form
  - 3. Lists
- G. Core Covenants (Bruce Brown)
  - 1. Definition of a covenant
  - 2. List of qualities or traits that you want your team to possess
  - 3. The ties that bind us together as one team
  - 4. My core covenants for my teams.
    - a. Discipline
    - b. Strong work ethic
    - c. Commitment to team
    - d. Positive attitude
    - e. Good sportsmanship

## II. **Why Does a Coach Need a Philosophy?**

- A. Direction
- B. Focus
- C. Purpose - providing kids an opportunity for a positive athletic experience
- D. Give others an understanding of what you are trying to do and why you do what you do
- E. To Help Maintain Focus on What's Important

## III. **The Three Philosophies to Establish**

### A. General Athletic/Coaching Philosophy

- 1. How the coach will lead the team/How the players will behave as athletes
- 2. Win at all costs vs. just have fun
- 3. Elements to consider
  - a. Level of play at which you coach
  - b. Providing kids an opportunity for a positive athletic experience
  - c. Fun
  - d. The importance of TEAM – “Don’t let your teammates down.”
  - e. Hard work
  - f. Discipline - doing what needs to be done, doing it the right way, and doing it that way all of the time
  - g. Character and sportsmanship

### B. Sport-Specific Philosophy

- 1. Develops and Changes through the years
- 2. BB Examples
- 3. Personnel will often determine your philosophy
- 4. Practice Philosophy
  - a. Individual Skills Development
  - b. Group Work
  - c. Team
  - d. Conditioning
  - e. Scrimmaging – How much is too much?
  - f. Over-coaching
- 5. Be open to new ideas – philosophy isn’t etched in stone

### C. Playing Time Philosophy

1. Different Levels
2. General philosophy impacts playing time philosophy
3. Communicate it to coaches, athletes, and parents
4. All kids on all levels should get a “decent” amount of PT

## IV. **Communicating Your Philosophy**

### A. Assistant Coaches

1. Your Allies
2. Allow suggestions and discussion
3. Head coach has ultimate decision on things

### B. Players

1. Better understand why you do what you do
2. Explain it to others who may question them about what is going on
3. Don't put themselves into a bad position
4. They may struggle with it. (Livingston BB example)
5. You all still have to work at it.

### C. Parents/Community

1. Pre-Season Meeting (Explain all three philosophies)
2. Letter Home/Policy Sheet
3. Newspaper
4. Game Programs
5. Radio/TV Interviews

## V. **Live Your Philosophy**

- A. Adversity will force you to follow through on your philosophies.
- B. You will question if your philosophies at times.
- C. They are a “work in progress.”
- D. Critical to have a philosophy and stick to it when things get tough
- E. Example of kid getting technical
- F. It's not just a piece of paper – it's a way of living