



# Successful Coaching - What Makes a Good Coach?

Chris Chapman

# What is Sport?

- “An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.”
- Sports have been around for approximately 3000 years
- 1st Ancient Olympics 776 BC, Olympia Greece
  - Foot/Chariot Races
  - Wrestling
  - Jumping
  - Discus and Javelin throwing



# Why do we Participate in Sport?

1. Improve physical health
2. Lifelong well-being
3. Develop social skills
4. Learn Valuable life-lessons



# What is a Team Sport?

- Any sport which involves two or more teammates working **together** towards a shared **objective**
- Opposing teams compete to **win**
- **Examples:**
  - **Football**
  - **Soccer**
  - **Basketball**
  - **Volleyball**
  - **Hockey**
  - **Baseball**
  - **Softball**



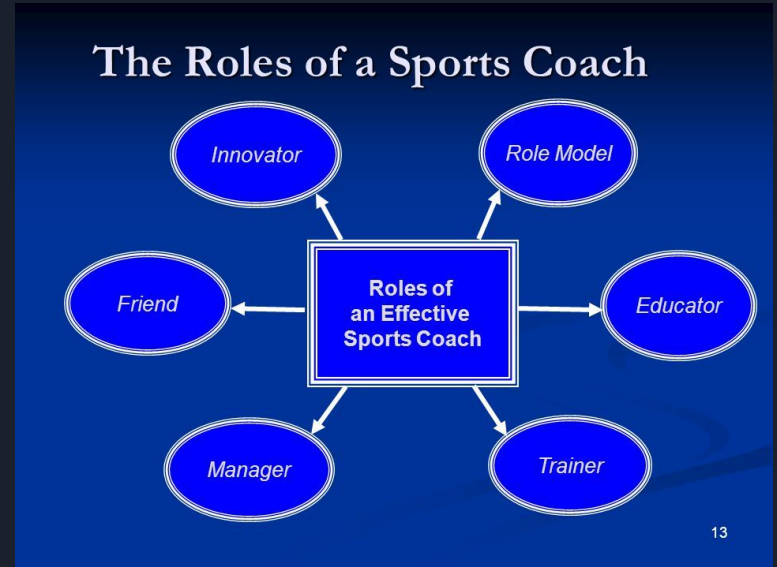
# What is a Coach?

- A coach helps their athletes develop to their full potential
- Coaches are responsible for training athletes
  - Analyzing their performances
  - Teaching relevant skills
  - Providing encouragement



# What Roles Does a Coach Play?

- Educate
- Encourage
- Role Model
- Build Relationships





# Educate, Encourage, Role Model

- A good coach plays a much larger role than just organizing practices and managing games
- A good coach wants their players to succeed not only on the field or court and classroom, but also in life
- A good coach uses the golden opportunity to make an impact on their athletes lives
- Players will look to their coach for more than just athletic advice
- Younger players may look up to you as a parental figure
- Older players will ask for advice in various aspects of their lives
- Most coaches cherish these roles and find them very rewarding

# Building Relationships



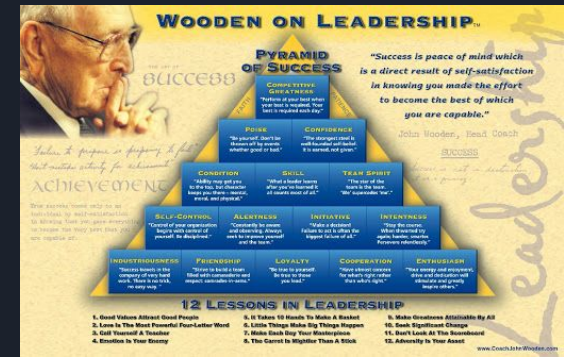
- Administration
  - First person (people) a coach needs to build a relationship with
  - As a coach you want the principal and AD to be a supporter of your program
    - have control over your program's ability to succeed or be suppressed
  - As a coach always keep constant lines of communication between you and them



# Building Relationships



- Athletes
- As a coach your two biggest priorities with an athlete are
  - Putting the athletes well being before anything else
  - Earning your athletes respect
- This is easily achieved by good coaches who use/show
  - Love for the game and players
  - Communication
  - Growth mindset
  - Notices details
  - Points out the good



# Building Relationships

- Parents
- As a coach make a maximum effort to involve parents in your program by helping them understand your goals and why you have those goals
- Start every season with a meeting with the parents and outline your philosophy and plan for the season



# Parents can be tough

- Parents upset when their child is in the starting line-up.
- Parents are typically more emotionally involved in their child's performance more than the teams
- Parents typically don't see their children objectively, "Why doesn't my son or daughter play more?"
- As a coach don't hold personal grudges - make a decision and stand by it, no specialized treatment



# Building Relationships Cont.

- Faculty/Teachers
  - Student first, athlete second
- Other Coaches
  - Coaches need to be open to communication with coaches of other sports
- Custodians
  - Most important non-administration relationship you have in the school
  - You will ask more of them than almost anyone else
  - Need to be treated with respect, not treated as servants
  - They are in charge of keeping facilities in working order



# Expectations and Responsibilities

## Ethical

- Sportsmanship
- Cheating
- Respect
- Discrimination
- Safety
- Facilitator
- Motivator
- Life long movers

## Legal

- Provide safe environment
- Plan activities
- Evaluate for injury
- Warn athletes about risk of injury
- Report injuries
- Supervise
- Clear rules/conduct



# Coaching Philosophy, What and Why?

- A philosophy is a road map to decision making
- There should be similarities between your life philosophy and coaching philosophy
- A philosophy consists of:
  - Major goals
  - Principles/Beliefs that help you achieve your goals





# My Own Coaching Philosophy

- “As I have learned from a plethora of different coaches in my life, there is one thing that has remained constant every year, every practice, and every game. The idea that hard work beats talent when talent doesn't work hard. This single phrase has impacted my life and the way I look at sports. It may seem pretty self explanatory, but there is a deeper level and many intrinsic qualities that go into working hard. There is more to the dedication and persistence that is practiced daily by athletes than the average person may think.” - Chris Chapman 2020





# Conclusion

- In conclusion
  - Coaching is a reflection of one's own personality and beliefs
  - Create and maintain relationships!
  - Create a philosophy and stick to it!
  - If new coaches follow the steps outlined throughout this presentation they will not only be great coaches, but also great role models and members of their community.





# Sources

- Bellis, Mary. “The History of Sports.” *ThoughtCo*, ThoughtCo, 23 Aug. 2019, [www.thoughtco.com/history-of-sports-1992447](http://www.thoughtco.com/history-of-sports-1992447).
- “Sports and Leisure.” *Ushistory.org*, Independence Hall Association, [www.ushistory.org/us/39b.asp](http://www.ushistory.org/us/39b.asp).
- “Understanding the Importance of Coaches.” *Ohio University*, 3 Feb. 2020, [onlinemasters.ohio.edu/blog/understanding-the-importance-of-coaches/](http://onlinemasters.ohio.edu/blog/understanding-the-importance-of-coaches/).