

How to Create a Coaching Philosophy that Reflects Your Values

To create a coaching philosophy for youth sports that reflects your authentic values, start by asking yourself the following questions:



What is my purpose as a coach?

Why do I coach?

What past experiences (positive or negative) influence my answer?

How do I want others (including my own children) to perceive me?

Will I focus on outcomes (not directly controllable) or process (more controllable)?

How will I foster a love for the game in children while improving their skills and developing good sportsmanship?

My purpose as a coach is: _____



What values do I want to instill in my players?

Consider the importance of respect, teamwork, discipline, resilience, and enjoyment.

Your philosophy should reflect these values - not only in how you coach but also in how you expect players to interact with each other.

The values I will instill are: _____



What type of environment do I want to create?

A positive, supportive environment is key for youth development.

Consider how you will manage practice, communication, and conflict resolution to ensure this type of culture.

The environment I will create: _____
