

Guide to Coaching

Key Point

Is to maintain control of your environment

Key Concept

Is to create and maintain a learning environment

*Lose the learning environment,
You lose the ability to coach*

Coaches Aspect

Is to teach and make players better

Coaching is taking a player where he can't take himself

Players Aspect

Is to learn, get better and allow the coaching process to happen

Champions never complain, they are busy getting better

Make Coaching Happen

Growth Mindset

The growth mindset means players know their talent is a starting point and want to work to achieve

Great effort springs naturally from a great attitude

Coaching for Success

Make practice drills more intense and challenging than games and develop a growth mindset

No one has ever drowned in sweat

Givers & Takers

Givers build up and contribute to a team. Takers cause disruption and dismantle a learning environment

Individual commitment to a group effort, that's what makes a team work

Learning is Fun

If players want to learn and improve, practices become fun and challenging

Build competition into practices. It's more fun and better prepares players for real matches

*To obtain more information on coaching visit,
www.beawinningcoach.com*