Coaching Philosophies

There are some consistent principles that go into creating your own coaching philosophy

* Be yourself: Athletes love to be around coaches who don’t hold anything back and have positive energy. Don’t be afraid to embarrass yourself and never try to be a coach that you’re not.
* Define your coaching objectives: Make sure that you know your boundaries as a coach. Have an idea of your goals and objectives that you will have during the season to help make coaching a little easier.
* Establish rules: Make sure that the athletes are aware of your rules and that they abide by them. This will make practice more organized and obtainable.
* Build and nurture relationships with athletes: This is a huge component of coaching. It makes it super hard to coach athletes if there isn’t a relationship present.
* Be organized: If practice and drills aren’t organized, athletes tend to lose focus and interest. Make sure you have a good practice plan to keep the athletes going.
* Involve your assistant coaches: It will be a lot easier and efficient to run a practice with the help of other coaches.
* Help athletes manage their stress: Don’t let athletes get down on themselves. Make sure that you always motivate them to keep moving forward.

These sites give different steps of coaching philosophies that will help with coaching: <http://www.brianmac.co.uk/coachphil.htm>, <http://www.coachesclipboard.net/BasketballCoachingPhilosophy.html>

**Coaches Philosophies:**

Bo Hanson: <https://youtu.be/Q20Tvg2oKcE>

Tony Dungy: <https://youtu.be/WaPFcpCUfe8>

John Wooden: <https://youtu.be/SqBJQeC11u0>

Van Gaal: <https://youtu.be/7cgAKZkX_yE>

Purdue Head Coaching Philosophy: <http://www.purduesports.com/sports/w-soccer/spec-rel/051701aaa.html>

Me being an athlete personally, I always love it when my coaches give us motivational speeches to pump us up. Practice can get boring sometimes and athletes can lose focus easily but it will always help to have a coach say some wise words or tell a story. The following videos are some of my favorite motivational speeches that get me excited and pumped up to play.

**Inspirational Videos:**

Jim Valvano: Cutting Down the Nets <https://youtu.be/uezVYG4ba1E>

Hold The Rope Halftime Speech: <http://www.coachesclipboard.net/BasketballCoachingPhilosophy.html>

Leave No Doubt Speech: <https://youtu.be/MW63PcDPPZk>

When You Want to Succeed as Bad as You Want to Breathe: <https://youtu.be/GLcJHC9J7l4>

Seahawks Duracell Commerical: <https://youtu.be/d_q0O80KP1c>

Vince Lombardi Speech: <https://youtu.be/_XVgqDJWVkg>