

Setting Expectations for a Season of Positive Coaching

*Bob Heckmann, Positive Coaching Alliance
Senior Trainer*

*Rich Pruszynski, Positive Coaching Alliance
Account Representative*

sports

 **active** NETWORK™



Today's Webinar Format

- Time: 45 minutes with time for Q&A
- Questions? Send them via the “Question/Answer” section on the right-hand side of your screen, we'll take them at the end of the presentation



Implementing Team and Organizational Cultures

- Building positive team and organizational cultures that encourage athletes and coaches to work and strive for excellence
- Designing dynamic practice sessions that reinforce team and organizational culture and maximize use of available time
- Discuss resources and initiatives that will affect the positive experience of coaches and athletes



Team Culture

- 4 questions coaches need to consider:
 - What do you want to be known for?
 - How do you communicate with athletes?
 - Do you reinforce your beliefs?
 - Do you reward what you value?





Team Culture

How do organizational leaders help coaches answer the above questions?



Team Culture

How do organizational leaders help coaches answer the above questions?

Have them develop a written Coaching Philosophy!



Coaching Philosophy

Design and Evaluate



A well-defined written philosophy equips your Coaches to handle a season's challenges, on and off the fields of play.



Coaching Philosophy

Design Criteria

- Identify 3-5 guiding principles.
- Use simple, personalized language.
- Incorporate a phrase or slogan.
- Keep it to 150 words or less.
- Commit to it as the basis of all decision-making.



Coaching Philosophy

Evaluation Criteria

- Is it easy for everyone to understand?
- Is it practical and easy to implement?
- Can someone "see or hear" how it would shape your coaching?





Coaching Philosophy

A Final Word

Say what you do...Do what you say





Components of Dynamic Practices

- Opening Ritual
- Instruction
- Skill Drills
- Conditioning
- Scrimmage





Components of Dynamic Practices

- Opening Ritual
- Instruction
- Skill Drills
- Conditioning
- Scrimmage
- Tank Filling
- Team Conversations
- Closing Ritual
- Assessment





Positive Coaching

Recognize & Reward

Organizational Values



Rewards



Positive Coaching

Recognize & Reward

- Educational-athletic organizations reward...
 - Character builders
 - Skill builders





Nomination Criteria

- Treats ALL players and opponents with respect.
- NEVER bends the rules to win.
- ALWAYS puts the team's best interests ahead of her own.
- Consistently uses positive reinforcement to teach the sport and bring out the best in his athletes.



Award Suggestions

- Display a "perpetual" plaque with winners' names listed by year.
- Institute a "team" award, based on players and coaches working together to demonstrate their commitment to your Positive Coaching initiative.
- Recognize "Coach of the Week," or "Month."
- Nominate a coach for PCA's Double-Goal® Coach Award presented by Liberty Mutual.



Award Suggestions

Visit the PCA website or direct your browser to the following address for more information about how to nominate a coach for PCA's Double-Goal® Coach Award presented by Liberty Mutual.

(deadline is December 31st, 2010!)

<http://www.positivecoach.org/nominate.aspx>





Setting Expectations for a Season of Positive Coaching

- Help coaches develop their cultures
 - Coaching Philosophy
 - Dynamic Practices Reinforce Culture
 - Recognize and Reward





Setting Expectations for a Season of Positive Coaching



After today's presentation, if you have any questions, please contact:

Rich Pruszynski
richard_pruszynski@positivecoach.org
414-212-8125



Setting Expectations for a Season of Positive Coaching

Thank you for attending!

For more information about Online Registration & League Management software please contact us at ActiveSports@ActiveNetwork.com