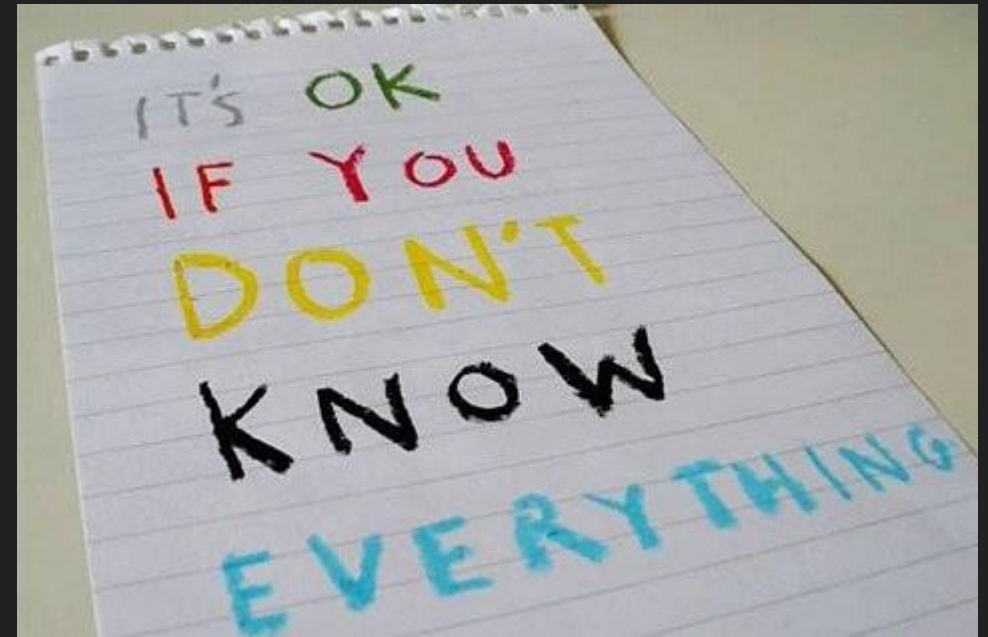




Coaching 101: *Sharing our secrets developing a national powerhouse program*

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Intro



Be ok with not knowing it all.

Have a philosophy

What will be the team's goal?

(wins and losses cannot be one of them!!)

What do you want to accomplish as a coach?



My philosophy has not changed since I started with this young group all the way up to the college level.

I will coach:

- ALL of them with the intentions to make them ALL individually better while developing a collective understanding how to be good teammates
- We will learn the game at an advanced level.
- Getting better with a process will be the investment.
- Winning is fun and a part of being competitive
- The match result does not define us – win or lose

- We will learn more even when we are not successful on the scoreboard.
- I expect great attitudes and a focus that does not interrupt the rest of the players or themselves.
- Role acceptance is a tough one, but I will be clear with each individual. Choose how you accept wisely.
- If there is a separation of skill as we move along during the year, I will have a conversation with that player (just like a teacher conference) and we will all be on the same page as to why the role of the player is different and how we need to progress.
 - FIND THAT PLAYER A ROLE.

COACH EVERY PART OF THE GAME
THAT WILL MAKE THE TEAM AND THE
PLAYERS SUCCESSFUL

STATIONS/Progression

Have your practice written out ALWAYS. Set aside your day to do that. Have a watch/clock. Set aside team time for success at the end.

Progressive practice by skill

Station work with a skill(s)

Be ok with a station that is by themselves, or with a partner

Use a CLOCK

Be ok with it not being perfect.
DID THEY GET 1% better?

Pick partners for them(explain) always!!! They will pick the same and NEVER get better as a team.

Goal set can be made once a drill is boring/ready or folks are not competing

Do not practice perfect.

To Scrimmage or not to scrimmage

My philosophy

Tee ball philosophy, GET THEM TOUCHES

2x2, 3x3, 4x4, etc

Nothing perfect

Change the rules to an already great drill that you like.

Start games with serve, or you serve if not working, toss in, start with a second contact, or third contact

Games to rotate, games that require them to be involved

Equipment

Hula Hoops
Noodles
Cones Discs
Foam or kush
balls/nerf/foam golf balls
Elastic string
Broom

Football
Boxes
Wall
Cones
Floor/painters Tape
Basketballs
Foam dodgeballs
Flag scarves

Assistants?

Utilize them!

Split work

Station work

Space used

Kid that needs extra
help/during game

Sub count

Score book?



Consistency

Culture, your words, mood, values

Playing without fear

Motivation?

Practices: how do you start, the discipline, the routine

Warm up or match: how do you start, discipline, the routine



CULTURE

Welcoming

Positive Intent

Restraint

Drama Triangle

Power of praise



Flexibility

Be willing to be open for
change/practice in the
moment

Athleticism and skill (you might
have two levels)

Players in general (immaturity)

Attention SPAN!!!!



Network, Network, and.....Network

Call, email, go to HS and
College games with team

Youtube

Watch on Tv

Podcasts!

Write a coach/Coaches!



Knowledgeable

Know rules, laws, and policies



Penalties/Discipline

When is it ok?

TEAM/INDIVIDUAL

What is appropriate?

Learning lesson?

Respect – use your reaction to teach



LINEUP STRATEGY

MY OPINION

Like a baseball lineup

Who is your first server that can get the ball in

Then another one that is the same

Then the STRONGEST server

Two weaker ones last

BEST players start the first game.

Dabble in mixing up your weaker players for a starting shot

Put your best communicators near quiet ones and have them take up more court.

Instill belief, make sure you do not kill the confidence

Role Acceptance/Team roles

Be VERY, VERY CLEAR

Your expectations

Role and what is their job in the role

Do they know? Never assume

Older group vs Younger group

Coach decision/vs MY WANT



Reality

There is nothing in our job on the court that is more important

Choose wisely reactions/behavior

Hands in front, hands behind

Sit/Stand

Stay Professional



Protect Yourself

Document

Get a recorder or know how to use your phone

NEVER have a meeting without an administrator or witness (coach). I suggest a neutral party.

Have a plan (see document)

Always inform AD before a phone call is made

Be a steel trap – don't talk to other players

Be strong on plan



EMPOWERING FEMALES

Developing relationships are more important NOW THAN EVER/Mental health

Communication is key

Relationships and face to face conversations is a lost art

Believe in them. Break down barriers. You may be their only hope at making the next step to maturing.

Shout outs

Group learning/huddles

Life lessons

Journal/index cards

Award of the week

Energy up/turn on the music

Asking questions will build their communication

Values can be measured





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