

Coaching Philosophy

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HESM 477(601)

11/21/2014

Throughout my entire life sports have played a major role in my development and into my personality. I began playing sports at the age of two when I started playing soccer for CASL and have competed in soccer, basketball, baseball, football, and even slow pitch softball. In my opinion sports offer a great opportunity for young children to learn many social skills, develop a solid work ethic, and stay in shape. In the near future I hope to become a coach at some level, I do have brief experience coaching my high school baseball team after I graduated. Other than my parents and my family I do not have a stronger bond with any adults in my life than my coaches from my high school and I hope to have an impact similar to that of my old coaches on the life of the children that play for me.

The two sports that I have the most interest in coaching are definitely basketball or soccer. These are my two favorite sports and also the two sports that I know the most about. My experience in these two sports and my knowledge of strategy and technique for each sport make them my most likely successful coaching ventures. The ideal work environment for me to coach would be at a small high school or through a recreational league to get experience. I am hoping to be able to coach at a small private high school, preferably the one I played at. This is ideal because I know the expectations of the school, there would not be much pressure to get wins, and would offer the opportunity to have an impact on high school students lives in positive manner, similar to the experience that I had. Coaches at these type of schools need an in depth knowledge of the game, positive and approachable personality, and in the case of my old high school, need to share a Christian worldview. I believe I already have the prerequisites to get and succeed at this coaching job, however I would also look to take part in the Coach-

Mentor Program, offered by the North Carolina High School Athletic Association, in which experienced coaches stay in contact with younger, less experienced coaches and offer them advice and guidance as they begin their coaching career. I believe you can never learn too much, and as a coach having a mentor giving you advice that has done it before is always a good thing.

Sport can be one of the most important aspects in both a young child's life and development. The first benefit is clear, it provides an opportunity for physical activity and exercise. The health benefits of staying physically active can not be overlooked and offering a child the opportunity to both stay physically active while having continuous social interaction. Studies show that being physically active leads to having higher self confidence and having high self esteem. Also studies have shown numerous social and psychological benefits of playing sports. One of the most interesting is that students that participate in sports often exhibit higher personal expectations and also receive higher grades. In the high school coaching environment you will also find that sports produce bonds and a source of unity within teammates. The current mood in sports, especially high school sports, can have negative aspects involved with it as well. The potential of college play for the young athletes can cause selfishness by the players and also by the parents. I have heard many stories about parents that have long meetings with their children's coaches questioning playing time, strategy, and substitution patterns. The modern format of high school sports also offer positives in that kids are continually surrounded by sports and have endless opportunities to watch, study, learn, and even participate in pickup games and gain experience.

The main coaching styles are submissive, command, and cooperative.

Submissive involves the coach staying out of the players way and providing very little instruction. This style comes from either a lack of preparation or confidence in your own coaching ability. Command style looks sort of like a dictatorship where whatever the coach says goes. There is little to no communication at all between players and coach and often brings out a negative feeling between players to coach. The athletes entire role in a command style coaching situation is to listen, absorb, and comply to what the coach tells them to do. In my opinion neither of these styles are the most effective nor are they what I see myself using as a coach. The cooperative coaching style works much like a democracy and allows for communication between coach and players which in my opinion offers the most potential for success. The cooperative style allows for coaches to understand exactly how the player feels and for the coach to have the opportunity to communicate his ideas, philosophies, and will allow for the athlete to understand exactly what the are expected to do. Also, and in my opinion the most important aspect of the cooperative coaching style, is that it offers an opportunity to develop a sense of trust with his players that I feel is extremely important. I have a very open and positive personality and I will look to use my personality to have solid relationships with all of the players on my team with a sense of trust that will allow us to compete openly, while never losing the sense of respect that a player must have for his coach.

As a coach I believe it depends on where you are coaching at and the skill level of your players should have an impact on the significance of winning in your program. Winning is always fun but if your team does not have the ability to compete and win with

their opponent then basing your expectations on wins and losses does not make any sense. In my opinion as a coach you should be happy with your team as long as you know they gave the game their all and didn't ever quit. My coaching philosophy will go along great with the importance of winning because as a coach I plan on asking for my players to work hard and give the game all of their effort. As a coach if your players make that effort for you and give it their all for you then there is nothing else you can ask for. In a similar way losing and failure as a coach will not have a major impact on me or my coaching philosophies. Many of the greatest coaches of all time have failed and learned from their failures and moved on. Coaching is a results oriented business and also sometimes a change of scenery is what is needed to bring success. Accepting failure and being able to learn from your own failures is the way I will take failures in my team. Using the cooperative style of coaching I will also communicate this with my players and let them know that failing isn't a problem but failing to learn from your failure is the problem. Allowing failure to compound and make you fail more is unacceptable and will set your team back.

Motivation is an interesting topic, especially when it comes to coaching. The best type of player to have on your team is one that can motivate himself and does not require any motivation from the outside to get them to work, be ready to practice or play in games. However, it is not logical to expect every person to have the exact same type of personality or be able to be driven by intrinsic motivation that gives each player the desire and crave to be the best player they can be. There are many different ways to motivate people and all of these methods can be used to increase a players desire to be the best they can be. Also it is interesting to think that if a player has intrinsic motivation

you can still use extrinsic motivation techniques on them and it might enhance their motivation and desire to be great. One of the best and most popular motivational techniques used by coaches is to use pump up speeches. Many of these can be seen in movies where a coach will use a speech to let the players know how important the game. They also look to play to the emotions of the players and get in touch with their confidence, excitement, and intensity and raise it to a maximum level. As a coach these usually come from a mixture of past experience, knowledge of your team and what drives them, and also the knowledge of what is on the line during the game. When I become a coach I will have a few instances that I will reference when making these types of speeches. Before the first game of the year I would mention things along the lines of this is the start of our story, start of our season, and let the players know that no matter what happens tonight we are on the start of our season and things will get better. Before a big rivalry game I would make sure to let the team know that it is them against everyone else and that they need to rely on each other only and not worry about anything that they cannot control. Before a game against a team we do not have the talent to compete with I will reference teams that were given no chance at winning and pushed their luck, stayed true to themselves, believed in what they were doing, and came out victorious. There are tons of examples of instances like this but the main example I will use is the 1983 NC State Mens Basketball team winning the national championship when no one thought they could because of my affinity for North Carolina State University.

My team will not have many rules or restrictions but the rules we do have will be very strict. First of all the most obvious rule you can have is that being late will not be

tolerated. If a player is late the whole team will run, this will force the person that was late to feel responsible for the whole team being punished and will encourage other to not be late in the future. Another is that the team will respect the game, each other, and me as their coach. This covers treating teammates correctly and not making fun of them, as well as showing a lack of hustle or care to the game. As for showing respect to me as their coach, while I plan on striving to be friendly and having solid relationships with my players but they also need to understand I am their superior and they need to show me a level of respect that is greater than you would show a friend. I view these rules as the cornerstone for a successful season and being a successful team.

When I finally get my shot as a coach I strive to be a good leader and provide information to help my players move forward as both players and as people. I will look to coach with a cooperative coaching style that will allow for me and my players to be close and for us to have an open relationship and dialogue for how the game should be played. This will allow for both the players and me to grow as people and learn more about the game. I plan on having few rules and allowing for players to learn and be free to be themselves as individuals. I also will strive to view success in more ways than winning and to use failure as motivation and to learn from our mistakes.