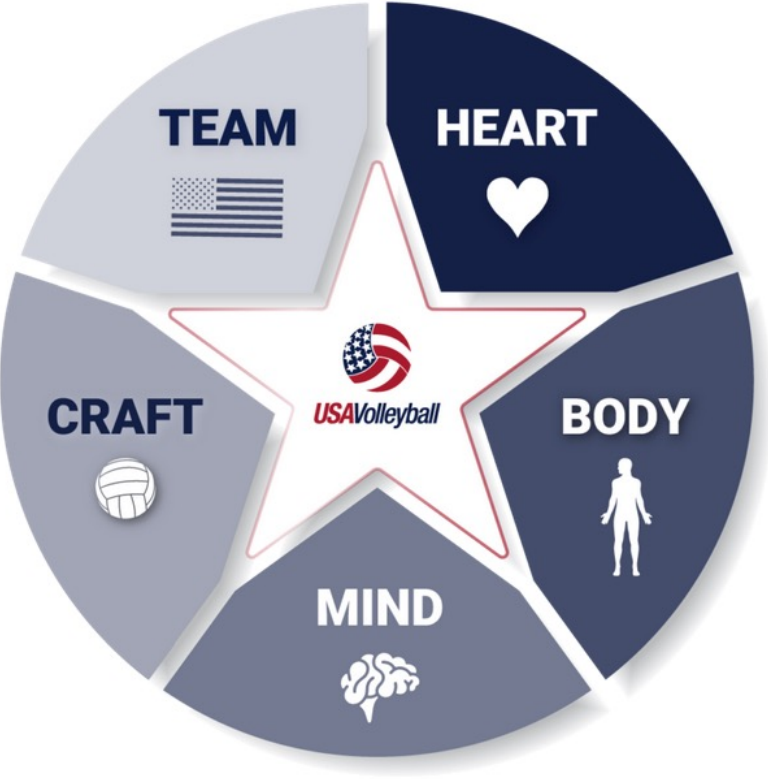




Coaching Philosophy

USA VOLLEYBALL
DEVELOPMENT
★ MODEL



Definition of a Coaching Philosophy

Beliefs or principles you have and use as guides in your coaching decisions

Foundation on which you use your knowledge of sport science, sport management, techniques and tactics

Based on two things – “*coaching objectives*” and “*coaching style*” you use to achieve your objectives

Purpose of a Philosophy



- Starts everyone on the same page
- Shows how you approach the game
- Blueprint of you as a coach
- No surprises for anyone
- Players make an informed decision to play for you
- Helps you keep winning in perspective
- Guide to coaching decisions

Developing A Philosophy

- Why do you coach?
- Pet peeves?
- Based on your experience over the years
- Player behaviors & expectations by you

Stages of Developing a Philosophy (Jeff Janssen)

1. Survival stage (survive & advance)
2. Striving for success stage (building)
3. Significance stage (win + players)
4. Satisfied stage (reached goals)
5. Spent stage (burned out)

10 years to settle into a good philosophy

Personal Reasons for Coaching

- To be involved in a sport I like
- To earn a living
- To help secure a teaching position
- To have power
- To be in charge
- To be with people I like
- To give something back to the sport
- To gain public recognition
- To enjoy myself
- To travel
- To help athletes develop physically, psychologically and socially

Possible Concepts Included In Your Coaching Philosophy

- Winning
- Sportsmanship
- Time management
- Academics
- Setting priorities
- Choosing captains
- Good decisions
- Player empowerment

Possible Concepts Included In Your Coaching Philosophy

- Commitment by coaches & players
- Player roles
- Substitutes
- Trust
- Work ethic
- Resisting temptations
- Coachability

Applying your philosophy— What factors test it?

- Parents
- College coaches observing - recruiting
- Personal competitiveness of the coach
- Tradition
- Time of season
- Rivalries
- Team morale
- Problem athletes – player behavior
- Outside distractions
- Media
- Staff

How to Keep Winning in Perspective

- Work to control emotions
- Communicate with athletes, parents, administrators, and coaches
- Develop your philosophy and stick to your beliefs
- Do a good job of setting up appropriate goals and objectives of program
- Do preventative medicine instead of first aid

Don Shula

- “They set the context and boundaries within which our players and coaches can operate. They keep me honest and heading in the right direction.”
- Keep winning and losing in perspective
- Lead by example
- Go for respect over popularity
- Value character as well as ability
- Work hard, but enjoy what you do

Tony DiCicco

“Catch Them Being Good”

1. Know your limitations and use them as strengths
2. Play hard, play to win, have fun
3. Less is more
4. The relay paradigm
5. Vulnerable, humble leadership
6. Validate their feelings
7. The challenge coefficient
8. Imprint vs. Perfect
9. One size doesn't fit all
10. Be prepared to take a penalty

Pat Summitt

“The Definite Dozen”

1. Respect yourself and others
2. Take full responsibility
3. Develop and demonstrate loyalty
4. Learn to be a great communicator
5. Discipline yourself so no one else has to
6. Make hard work your passion
7. Don't just work hard, work smart
8. Put the team before yourself
9. Make winning an attitude
10. Be a competitor
11. Change is a must
12. Handle success like you handle failure

WOODEN ON LEADERSHIP™



THE ART OF
8UCCESS

PYRAMID OF SUCCESS

“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

John Wooden, Head Coach

SUCCESS

Success is not a destination, it is a journey.

Leaders

*“Failure to prepare is preparing to fail.”
“Don't mistake activity for achievement.”*

ACHIEVEMENT

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.



12 LESSONS IN LEADERSHIP

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset



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