



2015 SHAPE AMERICA
Seattle, Washington

The Long -Term Coaching Development Model and Your Coaching Philosophy

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Long-Term Athlete Development (LTAD)

	FUNDamentals	Learning to Train	Training to Train	Training to Compete	Training to Win	Active for Life
Athletes Age	6-9 M 6-8 F	9-12 M 8-11 F	12-16 M 11-15 F	16-23 +/-	19 +/-	Anytime

← EXPERIENTIAL LEARNING →

Long-Term Coach Development (LTCD)

	FUNDamentals	Learning to Train	Training to Train	Training to Compete	Training to Win	Active for Life
Coaches Age M F			14-16 Volunteer Coach	16-22 +/- Part-time Coach	22 +/- Career Coach	Coach for Life

AT PLAY	FUN	Contributing	Connecting	Collaborating	Coordinator	Coach ——— Coach's Coach
						← ATHLETE'S EXPERIMENTAL PATHWAY →

ON THE SIDELINE

Camp Instructor

Assistant Coach
Instructor
Head Seasonal Coach

Head Coach ——— Mentor
and all other
positions

← COACH'S EXPERIMENTAL PATHWAY →

IN THE OFFICE

National Sport Organization Certification
(*indicates coaching context)

Introductory
Courses

Level One
Community Coach*
Initiation
Instructor Beginner*

Level Two
Competition
Introduction*

Level Three
Competition
Development*

Level Four – Five
Competition
High Performance*

← Further Certification and mastery of coaching context →

← LEADERSHIP DEVELOPMENT →

IN SCHOOL

Other Certificates

Institute Accreditations

Private (e.g. Poliquin International Certification) or Sport Institute
Multisport Organizations (e.g. National Strength & Conditioning) Certifications

Sport School Studies

College Diploma

University Degree

Masters

Ph.D.

← COACH'S EDUCATIONAL PATHWAY →

Figure 1 Maps out, at each long-term development stage, the optimal coach career pathway from an athlete's initiation to coaching to coaching for life. From Way & O'Leary (2006).

Figure 2

Becoming more self-aware of values that are meaningful to you. Rank order the values presented below that are most meaningful to you (with permission, Crace & Brown, 1996)

Achievement _____

(It is important to make my mark in the world)

Belonging _____

(It is important to feel included) _____

Concern for the environment _____

(It is important to protect and preserve the environment)

Concern for others _____

(The well-being of others is important)

Creativity _____

(It is important to have new ideas or to create new things)

Financial Success _____

(It is important to be successful at making money)

Health and physical activity _____

(It is important to be healthy and physically active)

Humility _____

(It is important to be modest about my accomplishments)

Independence _____

(It is important to make my own decisions and do things my way)

Loyalty to family or group _____

(It is important to follow the traditions of the groups I feel connected to)

Privacy _____

(It is important to have time alone)

Responsibility _____

(It is important to be dependable and trustworthy)

Scientific Understanding _____

(It is important to use scientific principles to solve problems)

Spirituality _____

(It is important to believe in something greater than myself)

Figure 3

Reasons for Coaching

Review the following list and rank order the reasons that you decided to become a coach:

- _____ I love my sport.
- _____ It's an easy job.
- _____ Coaching allows me to continue competing against others.
- _____ Coaching allows me to stay involved in my sport.
- _____ I had a positive experience as an athlete and want to share this with others.
- _____ I had a negative experience as an athlete and want to insure a better experience for future athletes.
- _____ I enjoy working with young people.
- _____ My kids are on the team.
- _____ The club/team needed a coach.
- _____ I enjoy teaching sport skills and strategies.
- _____ I am coaching because of the money.
- _____ Other reasons (list them).

12 Steps in Identifying your Coaching Philosophy

1. What are your values?
2. What are your motives?
3. How hard are you willing to work?
4. Do you have a thorough understanding of the sport science principles?
5. Do you meet your athletes where they are at?
6. Always do the right thing – your philosophy must be ethically based.
7. What is your opinion of professional development?
8. Can you discipline without being demeaning?
9. Focus on building relationships.
10. What is your philosophy on having fun?
11. How do you define winning?
12. How will you incorporate “service” into your philosophy?

Developing your Philosophy General Questions

1. What are your interests in coaching the coming year with this team? Outline your general philosophy and coaching objectives.
2. As a coach, it is necessary for you to have a standard for the management of your players and support staff before a game, during a game, at a practice, on a road trip. Please explain.
3. What are your feelings about players playing more than one position?
4. What is the percentage of time you place on fundamental skill vs. sport specific strategy?
5. How important is “winning”?
6. How do you define player development?
 - a. Please explain how the athletes learn new skills?
 - b. How do you teach new skill development?
7. Why is sound yearly planning essential to the successful operation of a team?
8. In tryouts, what skills are you looking for and how do you evaluate them?
 - a. Is it necessary to provide feedback to your athletes on their progress?
 - b. When should this be done?
 - c. Would you prepare any formal evaluations for your players?
9. How do you organize your practices with respect to time for warm-up, cool-down, main teaching time, fun activity and other coaches’ responsibilities?