

#BounceBack
#AnHourADay

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**REGISTRO PROFESIONAL
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What is a Coaching Philosophy?

- A definition of a Coaching Philosophy is a set of values, governing principles and beliefs which determine why you do what you do and how you behave in the context of your coaching role.
- The fundamentals of a meaningful Coaching Philosophy should contain the ideal of “Why do I Coach?”
- Essentially all Coaches utilise a Coaching Philosophy.
- However its form may vary from a subconscious instinctual understanding, to a refined and recorded document.



Why Should I develop my Coaching Philosophy?

- Essentially, having a Coaching Philosophy is vital to any Coach as it directly impacts upon their coaching practice.
- Having a set of guiding values, principles and beliefs ensures consistency in your approach to sport enabling you to prioritise those areas that create your desired results.
- A defined Coaching Philosophy enables you to make well-judged decisions and actions.
- It is your consistency in behaviour that creates respect and trust in your athletes, leading to a quality relationship.



Developing ideas

- The development of a Coaching Philosophy is often neglected by Coaches early in their career

Research suggests that a Coach's perception of Coaching Philosophy is influenced by their experience level as a Coach. Typically, less experienced Coaches have difficulty understanding the concept behind a Coaching Philosophy and are more focused on making sessions "safe or fun"

- Less experienced Coaches can initially create a philosophy which is not completely settled. However their philosophy will evolve with time as they settle on the values and behaviours they are most content and confident with in their sporting role.



Step 1: Identify what is most important to you

- To develop your Coaching Philosophy it is important to first have an understanding of the non-negotiable values within your coaching role.
- Every Coach has certain things they never compromise on. If a Coach values quality, they will never let their athletes sacrifice technique.
- By making a distinction between which values you want to have but could perform your coaching role without, and those which you must have, you are able to evaluate how your coaching behaviour is impacted by these values.
- The list of what different Coaches' value is as diverse as there are different types of Coaches. So it is important once you have established your values to identify which are your most critical values.



Step 2: Learn from your own experiences

- Being a Coach is largely about being yourself and this means being authentic.
- You are to bring the best of yourself to your role.
- Learn from the Coaches they had in sport. This aspect of learning from your own experiences is something you can bring to your current coaching role.
- Without exception, most athletes have been coached at some point in their sporting life by someone who they admired and with whom they developed a quality relationship, built on trust and respect.
- The opposite is also true. Many athletes can talk about a Coach who they did not feel modelled appropriate behaviour nor treated their athletes well and as such, you may use these Coaches as the antithesis of what type of Coach you want to become.
- You should identify the behaviours, values and the lessons you learnt from different Coaches over your career.



Step 3: Behavioural Style

- Every Coach has a coaching style which is largely defined by their Behavioural Style
- This coaching style will have strengths and weaknesses. Essentially understanding your coaching style will help you to comprehend your motivations, the environment you perform best in, and how you communicate best.
- By understanding your coaching style, you are better positioned to be able to adapt to different situations (assuming this is part of your Coaching Philosophy).
- Some Coaches are highly adaptable and coach their athletes in the way they most require. Other Coaches use a one-size-fits-all approach which our research suggests is ineffective.
- Ultimately, we are encouraging Coaches to become Player Centred in your coaching approach. This means putting the needs and development of your athletes at the centre of your focus.



Step 4: Discover your Coaching Philosophy

- Think about the behaviour you wish to exhibit consistently, how you wish to conduct yourself, how this behaviour will impact on your players, and the results of this impact.
- Now you can begin to create a framework to govern your conduct in your coaching role. This is a large part of your Coaching Philosophy and should link to where you discovered your core values in relation to being a Coach.
- Another aspect to the coaching role and philosophy is how you define success.
- Although this should also be linked to your values, sport is a domain where in every way, people keep score.
- Defining what truly is success is often not a simple matter of determining who has more points at the end of a game. Winning, therefore is only part of the measure of success

You should define your unique Coaching Philosophy in a succinct statement.



My Philospohy

“My coaching philosophy is: I am a firm believer that if you have knowledge pass it on to those who do not. I also believe that playing sports as a child not only builds character and confidence but also prepares children for life, teaching them about working as a team, strategy, communication, self-discipline, self-motivation, mental toughness etc..... I also feel it can bring a child out of his/her shell or shyness.”



Example

- *Anyone can win a tennis match through skill or by cheating. It is playing with integrity, making the right choices during and after each point and playing with heart and no excuses that determines a successful tennis player at Smith College.*
- *There is no substitute for hard work and combined with the philosophy of others first, success is inevitable. This is a tall order but we work across the years of an players' time to help them grow in this direction. It is still amazing to me to see the results of putting this philosophy in action."*
- *Above all, I am a teacher, a father and a Coach and want my kids to understand that their "life life" is longer than their football life. We all make mistakes, learn from them."*



Step 5: Keep it visible and alive

- Having now compiled your values, behaviours, and definitions of success, the final step is to keep this consolidated work in a place where you can review it regularly and see it every day.
- Your Coaching Philosophy is something unique to you about who you are and want to be. It is important to constantly remind yourself of what your philosophy is.
- You can measure yourself against your philosophy's behaviours and judge for yourself whether you are living out your philosophy.
- It is useful to review whether your philosophy is giving you the outcomes you value most and you can continue to develop and evolve it over time as needed.



Summary

- Understanding and developing your Coaching Philosophy is critical if you want to be the best coach you can be



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