

35 Secrets of Brilliant Coaches

1. Cherish the child over the athlete.
2. Treat their, & all other athletes, with respect.
3. Communicate with parents.
4. Listen to their athletes concerns.
5. Connect before they direct. (emotional - personal - trust)
6. Begin with the end in mind.
7. Are obsessive about Fundamentals. (John Wooden 1st practice - putting on socks)
8. Break skills into chunks.
9. Embrace athletes' struggle.
10. Make the boring interesting.
11. State corrections in the positive. (do this - not don't do)
12. Find the bright spots & build from there.
13. Don't try to break bad habits; rather they build new habits.
14. Give feedback in short, clear spurts that are precise & action oriented.
15. Are careful about how they measure success.
16. Use the right mixture of attainable & reachable goals.
17. Keep momentum moving forward.
18. Constantly are seeking continuing education.
19. Create, instead of finding, talent.
20. Observe intently.
21. Understand interpersonal relationships of the team are important.
22. Use imagery in coaching. (jump as high as you can)
23. Separate learning from practice. (learn then practice)
24. Focus the athlete on what to do, not what to avoid.
25. Focus on the multiple ways of learning.
26. Understand child development.
27. End practice before athlete is exhausted.
28. Give plenty of time for new skills to develop.
29. Use positive coaching techniques.
30. Have a growth mindset. (dedication & hard work)
31. Know what they don't know.
32. Educate their athletes.
33. Have clear rules & logical consequences.
34. Understand that fun is an essential element in training, no matter how elite an athlete becomes.
35. End practice on a positive note.