



QUALITY SPORT | COACHES

The idea of Long-Term Athlete Development and Long-Term Player Development are frameworks or roadmaps for age & stage appropriate steps towards quality movement in sport and life. When implemented correctly, they can be used to support your coaching philosophy & progression.

Holistic athlete development means we're focused on the athletes' entire development. To help simplify this meaning, it has been broken down into the 5C's.

- Competence – physical ability such as speed, strength, endurance, etc. +
- Competence – technical/tactical abilities such as dribbling, passing, etc. +
- Character – mental/psychological ability such as respect the game, teammates, opponents, etc. +
- Confidence – mental/psychological ability such as resilience, grit, mental toughness, etc. +
- Connection – social/emotional ability such as having fun, relationships with teammates, etc.

As the saying goes 'you coach the way you were coached'; however, it is important to know that parents no longer parent the way they were parented, nor do teachers teach the way they were taught. That's 2/3 major influences who have changed their approach; therefore, coaches must also adapt, especially in light of the research and best practices on quality coaching.

TOP FIVE ATTRIBUTES COACHES SHOULD BRING TO THE YOUTH SPORT EXPERIENCE:

1. Servant leadership mentality. It's about the kids, the families, and the process.
2. Lifelong learning mindset. Open to continued education in deficient areas.
3. The Juice. Inspiring kids to believe in themselves first, the systems second.
4. Annual coaching vision and mandatory weekly practice plans shared with stakeholders.
5. Confidence in following the agreed upon, long-term process, despite the short-term outcomes.

TOP FIVE EXPECTATIONS FROM/FOR COACHES IN THE YOUTH SPORT EXPERIENCE:

1. To have each kid you come in contact with love their experience and want to continue on in that sport after they've moved on from you.
2. Appreciation and respect from athletes, parents, and coaching peers.
3. Questions and scrutiny for individual, team & game decisions will always be part of the process.
4. Challenged to think outside of the box to meet different personalities where they are.
5. The complete support of your sport organization and governing body.

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