

Coaching Philosophy and Concept Map

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Abstract

Coaching philosophies are used by the most experienced high performance coaches to give aim and direction to a team through values and belief systems. Every coach is different and therefore, every philosophy should vary depending on the moral principles of the coach and the direction in which he or she hopes to focus his or her team. In this paper you will learn what a coaching philosophy is and an explanation of my current coaching philosophy, focused on the question, "How will I learn the skills and knowledge to become a high school volleyball coach?"

Coaching Philosophy and Concept Map

Coaching philosophies are used by coaches that teach athletes anywhere from very young ages to the highest level of performance athletes. Not all coaching philosophies are the same and are typically tailored to the values of the coach in relation to his or her athletes and their needs. It is important for coaches to determine their coaching philosophy to maintain an appropriate perspective when confronted with difficult choices during the season (Vealey, 2005). A good way to formulate a coaching philosophy is to begin with a focus question, build a concept map, and reflect upon how the concepts relate to the focus question.

Defining a Coaching Philosophy

A coaching philosophy, according to Collins (2016), is a coach's basic beliefs and values that will help guide every day action and set the foundation for the success of that coach. Not only will the coaching philosophy affect the coach's decisions, but will also give the athletes, parents, and any assisting coaches' guidance and direction throughout the season. What is more important than creating a coaching philosophy, is following and sticking to that philosophy no matter what challenges may arise. Coaches should know that philosophies may change over time and become more specific within different coaching environments. This change is perfectly healthy as long as the philosophy is understood by all.

Explanation of My Coaching Philosophy

My coaching philosophy began with a focus question. The focus question I chose was, "How will I learn the skills and knowledge to become a high school volleyball coach?" This is a challenging question because I believe that the skills and knowledge that are needed to be a high school volleyball coach come from past experiences, present experiences, as well as

finding ways to educate oneself to continue the growth of knowledge throughout a coaching career.

The first stages of gaining skills and knowledge to become a high school volleyball coach come from my past playing and coaching experience. Playing the game allowed me the opportunity to learn the rules and basic skills at a young age. After high school, I began coaching young athletes those same basic rules and technical skills. As I worked my way up to the high school level, I gained more experience coaching. What helped me gain a broader understanding of the psychological game and a higher level of coaching techniques was to put myself into diverse settings. I coached ages ranging from Kindergarten to college athletes during summer camps. In addition, I coached off-season travel volleyball for an elite high-performance national travel team with a very experienced coach. These situations allowed me to gain more knowledge and skills from a variety of situations. In order to learn the skills and knowledge to become a high school volleyball coach, exposure to additional education is also critical. This included research on strategies and coaching techniques, starting my master's program studying coaching, attending annual coaching conferences, and watching other teams compete on a regular basis. After becoming a varsity level volleyball coach, it was important that I continue to learn the skills and knowledge it takes to be a successful high school volleyball coach. This meant beginning the process of self-evaluation through reflective practice. Being an education major in undergraduate studies, the process of self-evaluation was already very familiar to me. Coaching at a varsity level was much different than at a junior varsity level and there was such much I needed to learn through experience and analytical trial and error. What prepared me to gain the skills and knowledge to actually become a high school volleyball coach were past experiences and education and what was going to help me continue to grow in those areas of skills and knowledge were self-evaluation through those continued experiences.

References

Collins, K. (2016). *Sport of Coaching Handbook*. University of New Hampshire.

Vealey, R. S. (2005). *Coaching for the Inner Edge*. Morgantown, WV: Fitness Information Technology.