

Coaching Philosophy: Exercise #1—Coaching Assets Self Evaluation

There are many factors that may define your philosophy. There are layers of people who are directly or indirectly involved and may have a different sport philosophy. Your success as a coach will depend more on your coaching philosophy than on any other factor.

Coaching Assets	Low	Average	High	Areas of Improvement
Knowledge of Your Sport	1	2	3	
Well Organized	1	2	3	
Honest	1	2	3	
Professional Appearance	1	2	3	
Qualified	1	2	3	
Enthusiastic	1	2	3	
Hard Worker	1	2	3	
Punctual	1	2	3	
Consistent	1	2	3	
Understanding	1	2	3	
Good Listener	1	2	3	
Provides Individual Help	1	2	3	
Builds Athletes' Confidence	1	2	3	
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Motivates	1	2	3	
Good Teacher	1	2	3	
Encourages	1	2	3	
Praises Effort	1	2	3	
Respects Athletes	1	2	3	
Patient with Athletes	1	2	3	
Sense of Humor	1	2	3	

(IAAF, Introduction to Coaching Theory, 1991)