

Coaching Philosophy On-Line Course: Exercise #2—Assessing Your Objectives

Instructions

1. In the first group, read all of the statements and place a “3” by the statement that you feel is most important to you.
2. Place a “1” by the statement that you feel is least important to you.
3. Place a “2” by the remaining statement.
4. Repeat the process for the following five groups.
5. Add the scores in each column.

| Assessment Statement | A | B | C |
|---|----------|----------|----------|
| The best coaches are those who | | | |
| Encourage team spirit, cooperation and sportsmanship | | | |
| Make practices fun | | | |
| Have excellent competition tactics and skills to win | | | |
| A good coach | | | |
| Gives individual help and is interested in athlete development | | | |
| Practices enthusiasm and FUNdamentals everyday | | | |
| Teaches athletes the skills needed to win | | | |
| I would like people to say that I . . . | | | |
| Brought the best out of my athletes | | | |
| Looked for the positives in my athletes | | | |
| Was a winning coach | | | |
| I would like a news story about me to highlight that I . . . | | | |
| Coached a sports program which athletes enjoyed playing | | | |
| Contributed to the athletic development of athletes | | | |
| Coached to win | | | |
| As a coach, I emphasize | | | |
| Teaching skills that athletes can use throughout life | | | |
| Playing games and making sure athletes enjoy themselves | | | |
| Setting individual and team goals to produce winners | | | |
| As a coach, I promote | | | |
| Physical fitness | | | |
| Having fun | | | |
| Winning | | | |
| Totals | | | |

1st column shows: **Priority for athlete development**
 2nd column shows: **Priority for having fun**
 3rd column shows: **Priority for winning**