

Guide to Excellence

Intro to Coaching

Tues. and Thur. 9:30-10:20

Coaches have different expectations of their athletes, some want to win at all costs no matter what it takes, who gets hurt, or how much respect they lose along the way. As a coach, my beliefs are that as a team we can have success while also maintaining good health, being determined as to what we are trying to achieve, and most importantly, making the game fun for all athletes. I feel that if I am to be a head coach then it is my job to make sure athletes develop correctly with technique and durability at their desired positions. **It will be crucial that I, as a head coach, know the certain tools that an athlete will need to be successful at any position on the field. For example: If an athlete struggles with skill A, then they must learn skill A before B, and eventually they can continue and combine skills A, B, and C. Learning and applying techniques that help players easily understand their task at hand will benefit the team's success by knowing how to achieve goals in certain formations. Also, it will show how everyone's jobs will tie together to gain one common goal (WI Standard #1).** This leads me in to my philosophy or "Guide to Excellence" with being a head high school varsity football coach.

In developing my philosophy, I went to my former inspiration on and off the high school football field, my head coach, Coach Rohrer. I asked him questions pertaining to keeping his athletes healthy and not over playing them, what his mindset needs to be at all the times while leading teenagers on a weekly basis, and most importantly, how do you get your athletes to know how much you believe in and care about them so that they want to strive for excellence? As I looked over all the answers they all lead back to the same thing, gain your athletes' trust and they will believe you will do right for them (Rohrer, 2010). Once a group of young men such as high school students believe in you and you all share the same goal then you cannot fail. This is the mind set I look forward to having as a head coach. In knowing the kind of success I can have

once I get kids to “buy in”, I am very excited for my journey up the coaching ladder. Being a head coach is nothing without having a plan to develop players and knowing how to have a good time while doing so.

Developing an athlete is a task that requires a plan. I am going to make sure all players understand what they are doing and the reason for it. I find this important because if athletes are asked to do something, especially at the high school level, they like to know the reasoning for it. It is certainly necessary when a drill is not all that entertaining for players. The point of my drills will be to establish muscle memory which comes to feel naturally for them. I will not be the only one able to perform or demonstrate these drills but all coaches under me as well. Players being able to watch a coach with more knowledge of a game perform these drills in a precise manner will give them confidence that their coaches know what they’re doing (NASPE). Being able to take part in an athlete’s development is a great reason to go into coaching, but the key in getting high school kids’ attention is simple. Make it fun.

Having fun for high school football players can be hard to do while you’re putting them through tons of work. This is even the same for college athletes. My cousin, Aaron Stamm, coach’s tight ends and special teams at the University of Kansas. In a conversation we had over the phone I asked how they have fun with their athletes during a long week of practice. “Getting to know they’re interests and hobbies, what they like and don’t like can get you a long way as a coach.” he said (Stamm, 2010). Knowing my players on a personal level can help me to know how to make the game or more specifically, practice, a good time for them. As a coach, if I were to have an entire varsity football team of 15,16,17, and 18-year old’s not having fun every day, then we could not have the overall success we could have had as a team. Fun on the football field

can simply be described as an individual enjoying themselves by doing well and receiving compliments while doing whatever the coach may be asking. However, with my own experience I can tell you that having fun as a high school student sometimes involves just being able to run around like a wild animal. For this reason, I have invented a game called graboz (ultimate frisbee with a football) as a fun activity that can be done at the end of a good overall practice. Graboz will be fun for my team and I, there's no doubt about it, but the ultimate way for all members of our team to have fun is to win.

“If you cannot accept losing, you cannot win.” The late Vince Lombardi said this, and it tells just how I feel about winning. Is winning fun? The answer is yes. I have more fun when I win as does everyone else who is a competitor. In my perspective as a coach, the will to win becomes stronger for a team when they face failure or lose a game. I am not implying that I will try and lose intentionally. I'm saying that when my team loses we will do so like men and accept the fact that we were out played. No blaming any outside distractions. I feel that once my team learns to lose like men and come back the next week and work even harder for victory is when a great amount of success will take place in my career.

In my career, the success will not only come from my team's ability to compete but my ability to realize my own mistakes. **A self-evaluation of the pros and cons of all aspects of my techniques will display the determination I have as a coach to change. Evaluating myself after a season as well as in times of adversity could help not only the team but the community that I reside in. Now, studying the effectiveness of my ways can involve looking at or even getting opinions from the people my choices influence. Asking my players, knowledgeable parents, and fellow professionals in the community can help change my program to become more effective to a diverse population other than just meeting my own**

thoughts or goals. Coaches that do this are rare in today's coaching world. I believe which is why doing this will show that I care for the respect from not only my team but the entire community (WI Standard #9)

This is my philosophy right now which has been influenced by playing sports only through the high school level. I plan on attending many social gatherings and clinics with people that have more experience and knowledge in the game of football to increase my chances for success. In gaining more knowledge, I know I can put it to work to improve players' confidence and hopefully even impact their future and be someone they can come talk to about anything. To summarize my philosophy, I would like to say that my overall goal is to help kids make life changing memories, help them develop to their maximum potential as an athlete and a student, and lastly, to create great human beings for the future of our society.

References

Rohrer, T. (2010, November 10). (J. Darrow, Interviewer)

Stamn, A. (2010, November 24). (J. Darrow, Interviewer)