



COACHING STUDENT ATHLETES SERIES

Discover Your Coaching Style

EDUO 9723 One Semester unit

Instructors Dick Bach & Ernie Shaffer

Course Description

Coaches need to understand the reasons “why you coach” as well as the attributes of a “good coach”. The students will be required to compare and contrast a wide variety of coaching styles in developing their own coaching philosophy.

Required Text: Successful Coaching-4th Edition by Rainer Martens, Human Kinetics; 4 edition (February 17, 2012)

Course Objectives

By the end of the course, the participants will have had the opportunity to:

- examine and develop his/her own philosophy of coaching.
- understand his/her personal reasons for coaching.
- understand the importance of the “Bill of Rights for Young Athletes.”
- examining and understand the co-operative style of coaching.
- understand the importance of the three main attributes of successful coaches.

Grading Rubric

Exemplary A+-A-	Acceptable B+- B-	Unacceptable
All text book assignments are complete and accurate.	All text book assignments are complete and accurate.	
All application assignments are reflective, thoughtful, clearly identifiable and relevant.	All application assignments are complete, identifiable and relevant.	Application assignments are incomplete and/or irrelevant.
Overall appearance is very well organized and free of spelling and grammatical errors	Overall appearance is generally organized with limited spelling and grammatical errors.	Overall appearance shows little organization and has spelling and grammatical errors.

Assignments

1. Objectives

1a. Rank in order of importance to you the three major objectives listed on page 16 of the text.

1, 2, & 3

1b. What does the above ranking tell you about your coaching philosophy?

2. Personal reasons

2a Rank in order of importance to you the personal reasons for coaching that are listed in the text on page 24.

1, 2, 3, 4.....12

2b. List other reasons you may have for being an athletic coach.

2c. What does your rankings in 2a and 2b tell you about your coaching philosophy?

3. Athlete First

3a. Do you have any problems with the philosophical foundation “athletes first, winning second”? Explain.

3b Rank in the order of importance to you the ten statements in the “Bill of Rights for Young Athletes” (Page 21).

1, 2, 3, 4.....10

3c. Can you think of any additional rights of young athletes? How would you rank them?

3d. How will you resolve (if any) conflicts between what is best for you and what is best for your athletes?

3e. What do your responses to the above questions, tell you about your personal coaching philosophy?

4. Coaching Styles

4a. The author favors the cooperative style of coaching. Do you have any problems with this? Explain.

4b. In your opinion, describe the coaching style that would be the best in helping your athletes become “complete citizens” while still fulfilling the goals of the school’s athletic program.

4c. What does your response to the above tell you about your coaching philosophy?

5. Successful Coaches

5a. Rank, in order of importance, the three attributes of successful coaches listed on pages 38-41 of the text. 1, 2, & 3.

5b. Can you think of any other attributes of successful coaches? How would you rank them compared to the three above?

5c. What do your responses to the above tell you about your coaching philosophy?

6. Web Research

Read and study the following three web resources before completing assignment 6 below.

- http://www.usyouthsoccer.org/your_responsible_coaching_philosophy/
- <http://www.humankinetics.com/excerpts/excerpts/8-core-principles-in-developing-a-coaching-philosophy>

- http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=4&ved=0CD8QFjAD&url=http%3A%2F%2Fmyccs.ccs.k12.in.us%2Fchs%2Fdownloads%2Fcms_block_file%2F31469%2Ffile%2F24795&ei=-5XtUZrgGoG9yAH12ICIBw&usg=AFQjCNEr_aOd_Cku0Y_TdNzldO8TUYzh4Q&sig2=0ZTqMJ3q0PmXeJWDSURz-Q&bvm=bv.49478099,d.aWc

Use what you have written in response to the last question in each of Assignments 1-5 as a guide in developing a well thought out written philosophy that reflects what you truly believe would be the best direction for you to take in helping your athletes be successful in sports and in life. Put time, thought and effort into writing this document.

Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the bottom of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

Dick Bach dbach@dominicancaonline.com; 916-962-3329

Ernie Shaffer eshaffer@dominicancaonline.com; 916-387-1311

- For questions involving your registration, contact Steve Horning (shorning@dominicancaonline.com) or Karianne Pulli (kpulli@dominicancaonline.com) or see <http://dominicancaonline.com/faq.htm> for more information.

COACHING STUDENT ATHLETES SERIES

<u>EDUO 2720</u>	Dealing with the Problem of Athletic Drug use
<u>EDUO 9721</u>	Developing a Code of Conduct Handbook
<u>EDUO 9722</u>	Developing Successful Life Skills through Athletics
<u>EDUO 9723</u>	Discovering your Coaching Style
<u>EDUO 9724</u>	Effective Communications
<u>EDUO 9725</u>	Good Teams and Character go Hand in Hand
<u>EDUO 9726</u>	Keeping it in Perspective - Make Every Kid Count

<u>EDUO 9727</u>	Managing your Athletic Program
<u>EDUO 9728</u>	Proper Nutrition & Athletic Performance
<u>EDUO 9729</u>	Team Bonding
<u>EDUO 9730</u>	The Legal Liabilities of Teaching/Coaching
<u>EDUO 9731</u>	Training to Acquire Specific Skills
<u>EDUO 9732</u>	Welcoming Diversity into Your Program

ATHLETIC COACHING SERIES

EDUO 9703	Coaching is More than Xs and Os
EDUO 9704	Athletics-A Positive Path Through the Journey of Life
EDUO 9706	Creating a Healthy Lifestyle
EDUO 9707	Look Before you Leap
EDUO 9705	Let's Look at this Another Way

REFLECTIVE READING EDUO 9000 – BOOKS THAT MAY INTEREST COACHES

Baseball's Great Experiment (Jackie Robinson)	Jules Rygiel
Best Year Ever	Bill Cecil
Eleven Rings: the Soul of Success	Phil Jackson
The Essential Wooden	Steve Jamison
Inside Out Coaching	Joe Ehrmann
How Sports Can Transform Lives	Gregory Jordan
Open	Andre Agassi