

BRITISH
JUDO



Module 1

Coaching Behavior & Coaching Philosophy

Coaching Behavior & Coaching Philosophy

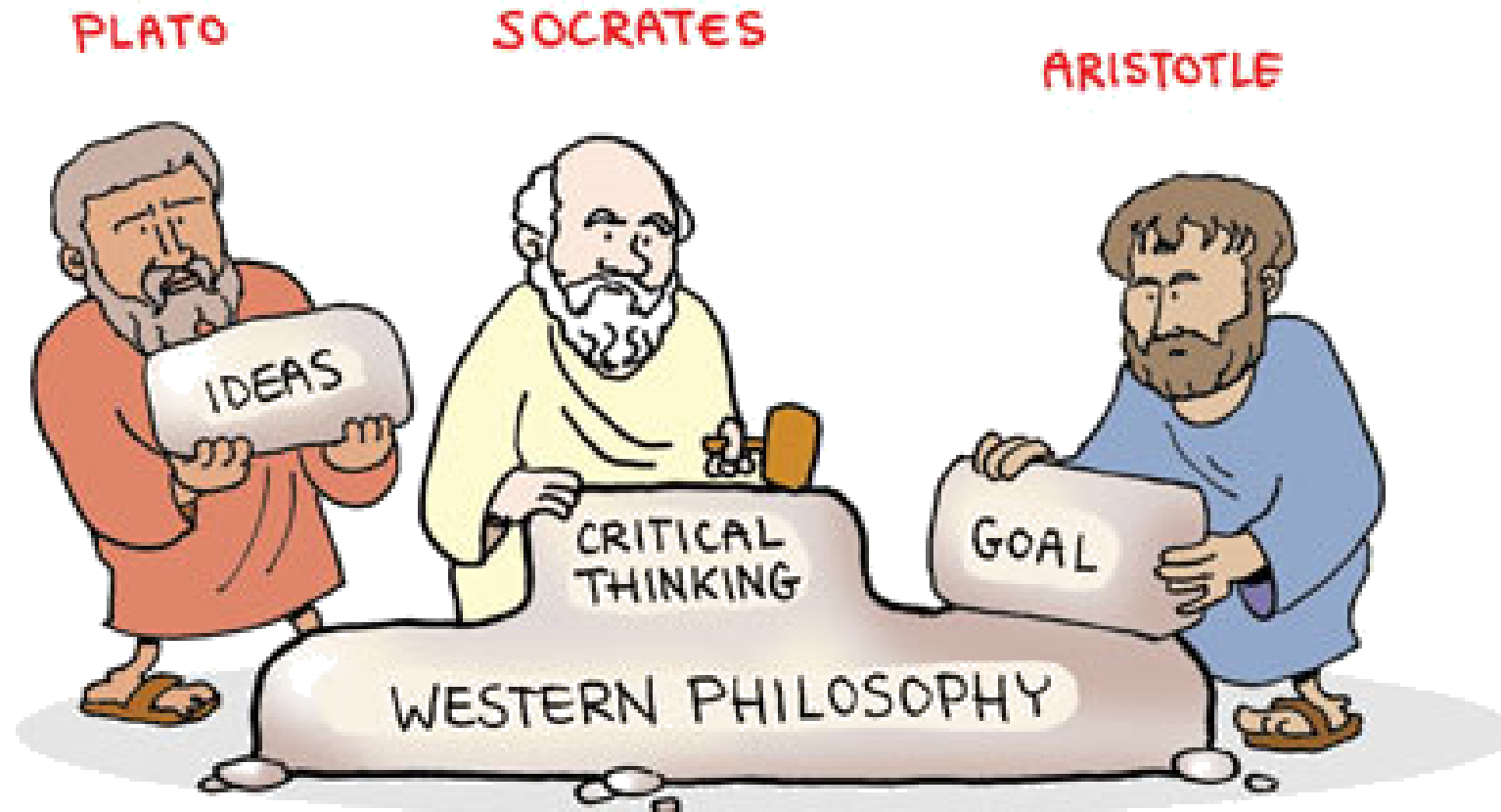
In this module, we will look at...

- the relationship between coaching philosophy and coaching behaviour
- the importance of having a coaching philosophy
- reflecting on your coaching behaviour
- developing and reflecting on your personal coaching philosophy
- what constitutes 'good coaching practice'
- starting a personal 'action plan'

The module will last approximately 60 minutes.

Coaching Behavior & Coaching Philosophy

You already have a coaching philosophy.



Coaching Behavior & Coaching Philosophy

“Winning isn’t everything; it’s the only thing!”

(Vince Lombardi)

- What does the underlying philosophy alluded to in the quotation mean to you?
- Do you agree or disagree with the underlying philosophy alluded to in the quotation?
- In what ways might the underlying philosophy influence coaching behaviours?

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What do you believe about:

- the responsibility of the player for his/her own development
- the meaning of fair play and playing within the rules
- the use of supplements or banned substances
- the outcomes of competition relative to the longer-term development of the player

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Dictionary Definitions of Philosophy

- a system of beliefs and values
- a personal outlook or viewpoint

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A philosophy is based on core values and beliefs

- Values – your values are unlikely to change
- Beliefs – your beliefs change more slowly
- Behaviour – your behaviour is easier to change

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Developing a Coaching Philosophy

“A coaching philosophy should be based on the core values held by the coach and should provide a set of guiding principles for coaching practice and behaviours.”

“A coaching philosophy should provide a set of guidelines governing a coach’s actions and behaviours and a personal and ethical framework within the coach’s work.”

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Importance of having a coaching philosophy

- provide a set of guiding principles for coaching practice and behaviours
- ethical framework within the coach's work
- help inform decision making
- help ensure good practice
- form the basis of a player-centred approach

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Good Coaching Practice

- the importance of a player-centred philosophy
- the relative importance of the outcome of competition in relation to the long-term development and well-being of players
- the importance of adhering to the rules, the meaning of fair play and the use of banned substances to enhance performance
- the intensity of training and competition for children and young people



Next Module

Technical Coaching

&

Skill Development