

Coach Development

Coaching is a lifelong pursuit. It is ever changing and evolving. We must be humble enough to realize there is ALWAYS more that we can do. The moment any of us think that we know enough, or we are experts is the day we will get beat by another coach. Be willing to ask yourself WHY every step of the way. Why that technique? Why that scheme? Why that drill? Why that play call? Reflection and self-scout are extremely important skills. Stepping out of our comfort zone will make us better long term. Just like with players, correction is never personal. We are looking to correct a behavior not a person. Our coaching development will consist of a multi-phase approach.

1. ***Clinic Style*** – This is a talk led by the head coach or assistant coach where we go over a specific play, scheme, technique, drill, teach tape, etc. It is designed to disperse knowledge. There will also be a question-and-answer segment, but it is very directed and focused on a specific topic, and not a lot of back and forth.
2. ***Coaching Round Table*** - This is a talk where all coaches are involved. We will sit in a circle and all coaches will be allowed to share their ideas and opinions. This is designed to get a back and forth going with open dialogue. We want an exchange of ideas!! This can be on a variety of topics and will have a loose structure.
3. ***Coach Teach*** – This is a teach time led by the head coach or assistant coach. It is designed for the presenting coach to grow as a teacher and coach. They will pick a play, scheme, drill, technique, etc. and teach it to the rest of the coaches as if we are the players. Coaches will ask questions as players would, and at the end we will give feedback.
4. ***Create a Handbook*** – We will create handbooks as position coaches. This will help us not only learn the intricacies of the positions we are coaching but will prepare us to rise in the profession.
5. ***Coaching Portfolio*** – Develop and write personal coaching philosophies. Develop offensive, defensive, and special teams' philosophies. Learn how to create, organize, and put to paper exactly how you would run a program. Catalog drill work and templates. This will allow our coaches to develop and rise in the profession.
6. ***Goal Setting*** – Just like the athletes, it is important for coaches to have specific, measurable, attainable, realistic/relevant, and time-bound. During the week leading up to our fall camp, the head coach will meet with each coach 1 on 1 and discuss both short-term and long-term goals. We will then discuss how to achieve them and establish a plan.