MILLBURN HIGH SCHOOL

DEPARTMENT OF ATHLETICS

ENHANCE YOUR COACHING EFFECTIVENESS

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From “The Seven Secrets of Successful Coaches” by Jeff Jansen & Greg Dale

Practice the 7 “C”s to improve your Coaching Style.

1. Character/integrity: If coaches preach about how each player is treated equally, would your star athlete be suspended for breaking team rules? Your response will reveal your true character.
2. Competence: Innovation in practice and game situations plays a key role in your team’s success. Coaches who do not attempt to broaden their knowledge will inevitably place their athletes and their program at a disadvantage.
3. Commitment: Coaches should never underestimate their influential position. If you demonstrate dedication to your sport and team, athletes will in turn do the same.
4. Caring: Coaches who display a sincere concern for the well being of their athletes will have a greater impact on them. Athletes who perceive their coach as truly caring will often be more dedicated and more loyal to their program and to their coach than if they did not “Feel the Love”. Good team chemistry will often translate into greater team success and enjoyment.
5. Confidence Building: Athletes will make mistakes. They are generally not done on purpose. Therefore, coaches should never berate athletes. Whenever possible practice Coaching Golden Rule #1: “The 4 P’s”, Punish Privately-Praise Publicly. Address your athletes one on one. Athletes seem to respond better to this coaching style than if they feel they are being “put down” in front of their peers. Never be demeaning but let the athlete know, in no uncertain terms, that their effort, performance and/or behavior is not conducive to team progress. Coaches should ask themselves, – how would I feel if an administrator said to me “You are the worst coach in the district” in front of all my colleagues.
6. Communicate: Providing your athletes with the correct type of feedback is as important as any game strategy you are trying to instill. Feedback with the word “don’t” unintentionally emphasizes what is wrong. Instead of saying, “Don’t force the pass down field” coaches should encourage an alternative action. The effect could be that the player won’t hesitate to throw deep pass when a receiver is open in the future.
7. Consistency: If coach’s react well under pressure, the players won’t be as affected when the game is on the line. If coaches maintain their poise and composure throughout a contest – athletes will usually follow and the chances for team success in tight games will improve.