

CULTURE, PRACTICES AND GAMES



BETTER ATHLETES
BETTER PEOPLE

For coaches who have completed PCA's introductory Double-Goal Coach workshop, this is an ideal follow-up that assumes attendees already understand Double-Goal Coach principles (Coaching for Mastery of Sport, Not Just Scoreboard Results; Filling Emotional Tanks; and Honoring the Game).

Source material includes videos of top pro coaches and athletes from PCA's National Advisory Board, as well as advice and best-practices derived from sports- and educational-psychologists. All content lays the groundwork for your coaches to develop a team culture ("the way WE do things HERE") that is optimal for getting the most out of players during practices and games, while players get the most out of the competitive and educational experience the coach helps create.

Ideas explored in the workshop include:

- **Creating and refining a personal coaching philosophy based on the Double-Goal Coach model**
- **Developing a team culture that encourages athletes to give 100% effort and strive for excellence**
- **Establishing a team's "signature statements" and "trigger words" to reinforce those values**
- **Designing dynamic practice sessions**
- **Strategies for common game-coaching challenges such as allocating playing time, dealing with blow-out games, and maintaining composure in difficult situations.**



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