

A positive coach aims to develop both strong competitors and essential life skills through sports. They understand that their influence unlocks the full benefits of sports participation - connection, skill-building, resilience, teamwork, fair play, delayed gratification, and learning to compete hard with dignity. They realize that their words and actions - good or bad - might be remembered for a lifetime.

Assess yourself on each of the statements below using a 1-5 scale:

(1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).

BUILDING TRUSTING RELATIONSHIPS

- _____ I lead my interactions with empathy by listening to understand the perspectives of my athletes and meeting them where they are at.
- _____ I give my athletes voice and choice to help create a collaborative team environment that shows them that I value their opinion.
- _____ I reflect on the interactions I've had with my athletes to note specific details about the individuals and learn where to improve.

BUILDING TRUSTING RELATIONSHIPS

- _____ I teach athletes to focus on mastery through providing maximum effort, continuously learning, and bouncing back quickly from mistakes.
- _____ I introduce a "Team Mistake Ritual" (physical gesture like "flushing mistakes" or "brushing it off") to help athletes quickly rebound from mistakes.
- _____ I reward effort, not just good outcomes, and provide specific, effort-based feedback.

PROMOTING POSITIVE ENCOURAGEMENT

- _____ I use encouragement and positive reinforcement as my primary method of motivating.
- _____ I strive for the "Magic Ratio" of five specific, truthful pieces of positive reinforcements to each specific, constructive criticism or correction.
- _____ I ask questions and encourage athletes to speak and contribute during team meetings.

TREATING ALL ASPECTS OF THE GAME WITH DIGNITY

- _____ I encourage my athletes to behave respectfully and with dignity towards the Rules of competition, Opponents, Officials, their Teammates, and one's Self.
- _____ I intentionally design my practices to include opportunities for athletes to learn life skills.
- _____ I model the type of behavior and attitude I want to see from my athletes both in the team setting and out in the community.