

CANTON HIGH SCHOOL BULLDOG ATHLETICS

What does effective coaching look like?

In practices:

- A written practice plan is critical to the success of any training session.
- Practices start and end on time.
- Practices are organized around a central theme with no more than two main objectives. Coaching points should revolve around those themes.
- The theme and agenda is clearly explained to the team at the beginning of each session.
- Student athletes are actively engaged throughout the session.
- Coaching points are made to identify areas of weakness (mistakes) as well as to highlight achievement (successes).
- Practices are competitive and as game-like as possible.

In games:

- Coach puts sportsmanship above all else, especially on game day- by maintaining positive, respectful relationships with officials, opposing coaches and players. The same can be seen in the actions of his/her CHS athletes.
- Coach sets a tone and atmosphere where his/her athletes are confident, comfortable, focused and relaxed as opposed to anxious, nervous, and fearing failure. This can be reinforced by communicating with players in a constructive yet positive manner when errors are made, and finding opportunities to outwardly recognize players when they do something right.

In Communicating:

- Student-athletes are clear on understanding their roles on the team throughout the season. This includes issues of playing time.
- Coach builds solid relationships with his/her players and makes every one of his/her players feel of value to the team.
- Coach is open to discussions with parents of student-athletes dealing with experiences of their son/daughter.
- It is clear to student-athletes, parent, and members of the school community that this coach is passionate about his/her role.
- Open, Honest, and Ongoing Communication with the AD: coaches are expected to communicate with the AD regularly about things that are working well as well as areas that are challenging. The goal is to have a collaborative approach to leadership where the AD and coach work together to continually improve and develop our student athletes and teams. Open and honest communication is one of the critical building blocks of that kind of ongoing improvement.