

COACH SELF-ASSESSMENT



Are you considering signing up to be a youth sports coach? Maybe you're a veteran coach.

Whatever your experience, your motivation will determine the kind of team you build. Ask yourself:

- Are you patient?
- Can you handle constructive criticism?
- Do you have the time to commit?
- Are you a good communicator —especially with parents?

Take this quick self-assessment to help you determine your motivation for being a coach and to identify the important, mentoring influences that you bring with you into this experience.

1 What motivates you to be a coach?

2 Who encouraged you? What did they do?

3 Which coach influenced you the most? What was it about them that impressed you?

4 How is your style similar to that coach?

5 How is your style different from that coach?

6 How do you want the players on your teams to remember you?

We've said it before and we'll say it again: Youth sports are about so much more than wins and losses. As a coach, you're a teacher. At its best, playing on a team is a fount of life lessons; how to work alongside and thrive with people with personalities and backgrounds different than your own, how to handle the emotional ups and downs of triumph and defeat, and how to set and achieve measurable goals. Your job as a coach is to help your players navigate all of that and have fun, too!