

To Begin

“The future of any society depends upon the character and competence of its young. In order to develop their competence young people need guidance to provide them with direction and a sense of purpose. They need relationships that embody and communicate high standards. They need to experience activities that are challenging, inspiring, and educative.”

-William Damon, Stanford Center on Adolescence

Self-Assessment

- What motivates you to be a coach?
- Who encouraged you?
- What did they do?
- Which coach influenced you the most?
- What was it about them that impressed you?
- How is your style similar to that coach?
- How is your style different than that coach?
- How do you want the players on your teams to remember you?