

Example of developing a coaching philosophy essay

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Coaching involves an integration of skills and knowledge in enhancing learning, performance and growth (Burton and Raedeke, 2008). To improve on efficiency, a coach requires an understanding and knowledge of processes, styles, techniques and skills, appropriate in his or her coaching context. Coaching provides support and empowerment in a variety of ways; this includes change, focus, vigor etc. As a coach, one is expected to carry out the assigned role based on knowledge, experience, values, beliefs and opinions. This in itself is a form of philosophy that requires consciousness and consistency (Gutgrie, 2003). Successful coaches apply a set of rules that govern the principles on how to conduct themselves during their role (Garret, 2008). The set of governed rules and expected conduct in the practice is referred to as coaching philosophy.

My choice on the topic lies on the ambitions I have for the field, and on the fact that for a long time now, the fundamentals that underlie coaching philosophy have been ignored by many coaches as well as scholars. The form of coaching philosophy applied by different coaches varies in instinctual understanding (Gutgrie, 2003). There lacks a written document or reference as to how a coach should undertake the program and the expectations on the rules. This has resulted to every team having its unique rules and codes of conducts on the coaches. This explains the foundation and importance of this topic.

The topic on coaching philosophy is critical and should be considered vital as it directly has an impact on the practice. It is crucial to have a set of guiding principles, rules and values to ensure that a coach is consistence in

prioritizing on the desired areas. A pre-defined coaching philosophy enables
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a coach to make effective and well-judged and quality and informed decisions (Martens, 2012). It is the consistency in behavior that creates trust and respect in a sport, leading to an effective and sustainable relationship.

Every coach, therefore, should consider having a coaching philosophy in ensuring trust and quality relationships with a team (Burton and Raedeke, 2008). As much as this topic is crucial, understanding and means of developing individual coaching philosophies, has been an overlooked exercise in sports discipline. I, therefore, feel that this topic is of relevance and should be introduced to all upcoming and existing coaches. This will ensure discipline, efficiency, growth and development of skills. It would also enhance leadership, as a coach is a leader, and allow coaches to specialize on their areas of expertise (Martens, 2012).

I intend to use this topic in coaching by applying the concepts and fundamentals that underlie coaching philosophy. I intend to use and apply the knowledge from this topic in identifying my expertise and in understanding my values within the field. The topic will allow me to have a distinction between the values that I cannot perform without, and those that I can perform without, even if I possess them (Garret, 2008). The topic will also boost my authenticity since practicing the concepts will allow learning from my experiences. This learning aspect, from my own experiences, will enhance making distinctions between effective and ineffective skills in practice. The topic will also assist the establishment of my coaching style.

A sport is a form of competition that involves search for victory. To make sports a success, there is need for discipline from the coach, respect,

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promotion of self esteem, established rules, experience and focus (Garret, 2008). This is covered in coaching philosophy, which promotes the idea that winning should not always be considered as the first and only option.

Promotion of skill and experience is what makes a coach, and, therefore, a coach should focus on promoting skills and building of self esteem.

This is what positive coaching is all about; Athlete first, Winning second. With such an idea at hand, a coach will always focus on promoting skill and then consider winning later (Martens, 2012). To be a successful coach does not mean having variety of models rather it comes with recognition on the skills learnt by a team. Coaching philosophy advocates for this element in that a successful coach is that which promotes relations, among team members, and generates focus and ability in a team (Robinson, 2010). Competition is an element that applies in all corners of life. To be successful and become a winner, one should always focus on the underlying concept on coaching philosophy. This comprises of integrating concepts like working from ones experience, knowledge and skills, abide in determined rules that enhance focus, and discover ones abilities (Gutgrie, 2003).

Reference.

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