

Double-Goal Coach®: Culture, Practices and Games

CORE PRINCIPLES OF POSITIVE COACHING

HONORING THE GAME means respect for the ROOTS (Rules, Opponents, Officials, Teammates, Self).

A MASTERY DEFINITION OF WINNING focuses on Effort, Learning and Mistakes are OK.

FILLING THE EMOTIONAL TANK focuses on a 'Magic Ratio' of 5:1 (positives to criticisms).

What are you doing in your own coaching that makes ROOTS come to life, helps you and your players focus on ELM, and how have you increased your +/- ratio? **Enter your notes and ideas below.**

TEAM CULTURE

TOOLS FOR BUILDING TEAM CULTURE

Signature statements, trigger words, awards and statistics are all powerful tools that coaches can use to intentionally build their culture. **List examples and possibilities for your sport below.**

DYNAMIC PRACTICES

ONE PRACTICE PLAN

If you had only one practice plan for the season, what would it consist of? What are your favorite drills and fun activities? How do you start/end each practice? **Enter your notes and ideas below.**



BETTER ATHLETES
BETTER PEOPLE

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Tools from PCA Workshop on Culture, Practices and Games

TOOLS FOR TEAM CULTURE



SIGNATURE STATEMENTS A phrase that emphasizes what your program is about and what you want to be known for. Examples: “We’re a thinking team,” “Do the right thing,” “Bear” Pride,” “Respect everyone, fear no one,” “DIMITT” (Determination is more important than talent).

TRIGGER WORDS Short-hand communication to describe a technique or body position used during competition. Technical/tactical examples: Gooseneck, monster, bucket. Mental/attitude examples: “Four” (The fourth quarter is ours), “Flush it” (Get past your mistakes quickly).

AWARDS The awards we give communicate what we value. Do you have something like a “Dirty Shirt Award” for effort? Do you reward athletes who improve their personal bests vs. recognition for being better than others?

STATISTICS The statistics we keep/share shows what we value. Non-traditional stat examples: setting picks, quality at bats.

TOOLS FOR DYNAMIC PRACTICES

COMPONENTS OF A DYNAMIC PRACTICE

- **Opening Ritual** Develop team and coach transition rituals.
- **Instruction** Appropriate dosage and strategy for delivery (whole-part-whole and problems vs. telling).
- **Skills and Drills** Keep everyone engaged and include just-right challenges.
- **Conditioning** Use age-appropriate and fun conditioning serving “double-duty” purposes!
- **Scrimmage** Practice Honoring the Game and adjust difficulty up/down with variations.
- **Tank Filling** Incorporate fun and enlist the buddy system to increase +/- ratio.
- **Team Conversations** Keep them short and develop player-coaches (ask rather than tell).
- **Closing Ritual** Incorporate life-lesson questions and signify that practice is officially over.
- **Assessment** Revisit priorities, objectives and outcomes to shape future planning

TOOLS FOR MEANINGFUL GAMES

CRUNCH TIME Being a Double-Goal Coach when it counts most – at the end of a close game – takes some preparation.

- **Priorities:** Anticipate late-game scenarios, fill Emotional Tanks and model what you want to see.

BLOWOUT GAMES- LOSING SIDE Lopsided games are challenging to make productive for your team.

- **Emphasize character and effort!** Can we stick to our standards and values even when we are losing?
- **Move the “goal posts”** to change the emphasis on scoring: getting quality shots, or moving the ball.
- **Create “short intensity goals”** or mini-games within the game. For example, try to win the next inning.

BLOWOUT GAME- WINNING SIDE When we are winning a blowout, we want to be productive for our team without embarrassing our opponent.

- **Create challenges!** Have players use their non-dominant foot/hand, or play a new position.
- **Use Trigger Words** (“five”) to signal slowing the pace of offensive play (perhaps passing five times before attempting a shot).

MEANINGFUL PLAYING TIME

- **Fear of Losing Profile?** “How afraid am I to lose a youth sports game?” Playing your weaker players can mean that the risk of losing goes up. It takes courage to give all players meaningful playing time!
- **Know and honor your league objectives.** Instructional play is about developing skills and playing time for all. In Competitive situations you can still be creative with playing time – “Mad Dogs.”