

CHECKLIST 5.5 Using Positive Coaching

Rate yourself regarding the following statements.

	Consistently	Inconsistently	Never
I create a positive environment where players want to be, a place where they feel safe, connected, accepted, worthy, and competent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach character-building values.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach the behaviors that demonstrate fair play, point out and praise acts of good sporting behavior both on my team and on the opposing team, and encourage the development of positive relationships with teammates and opposing team members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate the importance of good sporting behavior to parents and guardians, and encourage them to reinforce this behavior and be good role models at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate the importance of good sporting behavior to the fans through providing letters, e-mails, and announcements at games, and recognizing fans who demonstrate good sporting behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I establish team rules and routines to create team spirit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I develop clear guidelines for dealing with poor sporting behaviors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach respect for the game, coach, officials, teammates, and opponents.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach mental toughness by teaching players to persevere, play hard throughout the game, and never give up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I instill a positive attitude in players by teaching them to approach problems as challenges, frustrations as learning experiences, and losing as an opportunity to improve.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I strive to build the self-esteem of players by learning their names, treating them with respect, valuing their opinions and feelings, and really listening to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach my players to value their mistakes and use them as motivators to improve.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach my players to set personal goals that are challenging but attainable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am specific when praising players' achievements so that they know exactly what they did well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am honest and sincere.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I recognize players' achievements in many ways, including verbally, in writing, with certificates and awards, and through phone calls.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find and recognize strength of character in my players.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When players make mistakes, I talk with them in private to determine why they made the choice they made, ask them what they should have done instead, and give guidance only when needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach responsibility by giving players opportunities to take responsibility for their own progress as well as their choices and actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use team goals—not the scoreboard—as an opportunity to evaluate the team. I do not mention the score of the game, just the accomplishments of players and the team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I deemphasize winning by defining winning as achieving personal and team goals, learning, connecting with others, making friends, having fun, and exhibiting good character.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I treat my players the same after a win as I do after a loss.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am honest and never sacrifice integrity for a win.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I always teach and encourage fair play.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach my players that victory without dignity and honor is hollow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>