PATH NOTES

A WORKSHEET

My coaching *philosophy*

Back in 2021, the first note I wrote on Path Notes was my coaching philosophy. I wrote it down for posterity, and as another place to remind me to live up to it whenever I can.

This worksheet goes a step further than a list of nice words. A value only counts if it shows up in your sessions, so it asks where each one came from, when it's hardest to live up to, and whether the people you coach would recognise it. A pencil, a cup of tea and half an hour is plenty.

HOW IT WORKS

01 **Who and where you coach**
Your context, and how you see your role.

02 **Pick your values**
The four things you want your coaching to stand for.

03 **Make each one real**
What it looks like, where it came from, when it's tested.

04 **Mission, belief and a reality check**
Then ask someone you coach.

05 **Put it together**
One page to keep and pin up.

06 **Keep it alive**
A five-minute check-in, once a month.

Prefer to do it on screen? The free Coaching Philosophy Builder is on the Path Notes website.

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1 Who and where you coach

Your philosophy depends on who's in front of you. What fits a senior squad won't fit an U8 Saturday morning.

WHO I COACH, AND WHERE _____

WHO I'M RESPONSIBLE TO _____

athletes, parents, the club, myself...

HOW I SEE MY ROLE _____

2 Pick your values

Circle any words that feel true to how you coach. Add your own. Then pick the four that matter most.

Hard work	Empathy	Respect	Optimism
Curiosity	Patience	Honesty	Consistency
Creativity	Fun	Discipline	Humility
Courage	Care	Growth	Teamwork
Resilience	Fairness	_____	_____

MY FOUR

01 _____ 02 _____ 03 _____ 04 _____

3 Make each one real

A value only counts if someone could see it in your sessions. For each of your four, be specific. If you can't think of a moment it was tested, that's worth noticing too.

01 VALUE _____

WHAT IT LOOKS LIKE IN A SESSION

WHERE IT CAME FROM

WHEN IT'S HARDEST TO LIVE UP TO

02 VALUE _____

WHAT IT LOOKS LIKE IN A SESSION

WHERE IT CAME FROM

WHEN IT'S HARDEST TO LIVE UP TO

03 VALUE _____

WHAT IT LOOKS LIKE IN A SESSION

WHERE IT CAME FROM

WHEN IT'S HARDEST TO LIVE UP TO

04 VALUE _____

WHAT IT LOOKS LIKE IN A SESSION

WHERE IT CAME FROM

WHEN IT'S HARDEST TO LIVE UP TO

4 Your mission

What do you want the people you coach to leave with? Not just this season, but in ten years.

My goal is to _____

5 What you believe

One line. The thing underneath your values and your mission. Mine is: *I believe each person is the hero of their own story.*

I believe _____

6 Reality check

Ask one athlete, parent or fellow coach: *"What do you think I value most as a coach?"* Write down what they say, word for word. If it doesn't match your four, that's the most useful thing on this page.

WHO I ASKED _____

WHAT THEY SAID _____

DOES IT MATCH? WHAT WILL I CHANGE?

My coaching philosophy

COPY IT ACROSS IN YOUR BEST HANDWRITING. PIN IT SOMEWHERE YOU'LL SEE IT. TREAT IT AS A DRAFT.

NAME _____ COACHING _____

MY ROLE _____

MY CORE VALUES

01 _____ _____

02 _____ _____

03 _____ _____

04 _____ _____

MY MISSION

My goal is to _____

_____

_____

WHAT I BELIEVE

I believe _____

_____

Keep it alive

Expert coaches keep checking themselves across five areas (Schempp and colleagues, 2006). Once a month, take five minutes: a quick note in each box, then one thing to work on next month.

	MONTH _____	MONTH _____	MONTH _____
Skills What did I do well? What would I do differently?			
Knowledge What have I learned? What do I need to learn next?			
Personal qualities How did I show up: energy, patience, mood?			
Philosophy Did my sessions match my values? Where didn't they?			
Tools Are my plans, video, apps and kit helping?			
Next month One thing I'll work on			

Based on: Schempp, McCullick, Busch, Webster & Mason (2006), The self-monitoring of expert sport instructors. IJSSC 1(1).