

# COACH FOR CHARACTER

Developing your athlete from the inside out



## 1. **Get To Know** Your Athletes

### Ask Questions:

- “What do you want me to know right now?”
- “I noticed \_\_\_\_\_. What’s holding you back?”
- “How can I help?”

*Go to an activity outside of sport (arcade, recital, something they care about).*

## 2. **Affirm** Your Athletes

### Say:

- “I’m glad you’re here today.”
- “I am for you.”
- “You matter to this team.”
- “You are more than capable.”

**“Winning and championships are memorable but they come from the strength of the relationships.”**

**- Jim Calhoun**

## 3. **Challenge** Your Athletes

- After missing a play, encourage athletes to get the next one.
- Your only competition is you. Be the best athlete you can be.
- Have team set daily personal goals and build ways to monitor progress.

*Role play/gauge their mental toughness. Simulate high-stress in-game scenarios to prepare athletes.*