Double-Goal Coach®
Coaching for Winning and Life Lessons

Positive Coaching Alliance®
Better Athletes
Better People

On Twitter? Tweet: “Looking forward to the @PositiveCoachUS workshop! #PCAonDisplay”
Text to: 650-763-2405

What to include:
#Number
First Name Last Name
email address

Sample text:
#00000
John Tester
Tester@gmail.com

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Impact of Youth Sports Coaches

Kevin Durant Oklahoma City Thunder, 2014 NBA Most Valuable Player Award Acceptance Speech
Impact of Youth Sports Coaches

Steve Young  PCA National Advisory Board
Impact of Youth Sports Coaches

- Who was the most influential coach in your life?
  - Why
- How do you want to be remembered?

For more Resources, visit the PCA Development Zone at PCADevZone.org
PCA’s Expanding Impact

For more Resources, visit the PCA Development Zone at PCADevZone.org
National Advisory Board Members

For more Resources, visit the PCA Development Zone at PCADevZone.org
PCA’s Model of Coaching

The Double-Goal Coach

Striving to Win

Teaching Life Lessons

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Striving to Win & Teaching Life Lessons

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Development Zone™

Single-Goal Leader
Shapes Culture:
- Creates and defends a Development Zone

Second-Goal Parent®
Focuses on:
- Helping kids absorb life lessons

Double-Goal Coach®
Strives to:
- Win
- Teach life lessons and build character

Triple-Impact Competitor® Athlete
Works to better:
- Self
- Teammates
- Game

BETTER ATHLETES BETTER PEOPLE

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PCA Principles

1. ELM Tree of Mastery
2. Filling the Emotional Tank
3. Honoring the Game

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Focus on Mastery vs. Scoreboard

Which Olympic Athletes Earn the Most Medals?

1. Those who focus on the scoreboard and winning

OR

2. Those who focus on mastering their sport and getting better

Research: Joan Duda, University of Birmingham (UK) 2000 Olympic Games (Sydney)
Principle #1: ELM Tree of Mastery

Scoreboard Definition
- Results
- Comparison with others
- Mistakes *not* OK

Mastery Definition
- Effort
- Learning
- Mistakes *are* OK
Principle #1: ELM Tree of Mastery

Mastery Definition
- Effort
- Learning
- Mistakes *are* OK

Mastery Climate: ANXIETY → SELF-CONFIDENCE

Research: Robert Roeser, Stanford University
Principle #1: ELM Tree of Mastery

Mastery Definition

- Effort
- Learning
- Mistakes are OK

Mastery Approach: Gives players a feeling of **CONTROL**

- Work harder
- Stick to it longer

Research: Albert Bandura, Stanford University
Scenario & Toolkit

Scenario: Jesse hangs his head every time he misses a shot and, as a result, doesn’t get back on defense.

- What can you do?

ELM Toolkit: Mistake Ritual (p.23)
PCA Principles

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Which Car Would You Rather be Driving?

Principle: E-Tank

Why?
Principle #2: Filling The E-Tank

- Pessimistic
- Give up more easily
- Less coachable

- Optimistic
- Deal better with adversity
- More coachable
Principle #2: Filling The E-Tank

What drains the tank?
- Criticism and correction
- Sarcasm
- Ignoring
- Nonverbals

What fills the tank?
- Truthful, specific praise
- Expressing appreciation
- Listening
- Nonverbals
Toolkit

“Magic Ratio”

5 : 1

(positives to criticisms)

E-Tank Toolkit:
“Magic Ratio” (p.32)
PCA Principles

1. ELM Tree of Mastery
2. Filling the Emotional Tank
3. Honoring the Game

For more Resources, visit the PCA Development Zone at PCADevZone.org
Principle #3: Honoring The Game
Principle #3: Honoring The Game

Rules
Opponents
Officials
Teammates
Self
Principle #3: Honoring The Game

The Importance of Culture Creation

Culture = The way WE do things HERE
Toolkit

Self-Control Routine

Honor The Game Toolkit: Self-Control Routine (p.46)
Your Mallory Moment
PCA Principles

1. ELM Tree of Mastery
2. Filling the Emotional Tank
3. Honoring the Game

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You Can Make a Difference

Herm Edwards  PCA National Advisory Board
Your Coaching Legacy

“When the book of your life is written…

…will it say that you made a difference?”

--Herm Edwards
PCA National Advisory Board Member
Former NFL Head Coach

For more Resources, visit the PCA Development Zone at PCADevZone.org
Your Coaching Legacy

How do you want to be remembered?

What are 2-3 things from this workshop that could help make that happen?

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THANK YOU for your commitment to youth sports!