

Presented By:



We asked:

What major coaching points or advice would you share with new coaches?

And

Coaches from ALL over respond.....

"I would have to say to learn as much as you can about the history of strength and conditioning and how athletes have evolved. There is no perfect exercise or perfect apparatus to train with and working with other practitioners is paramount. I believe you have to perform movement assessments of the athlete to determine the right periodization plan for their success. You have to look out for all the so called "experts" out there that are just trying to sell something. New coaches have to trust the resource, verify, and observe the information provided. Lastly be willing to learn and question what you know to continue to get better. This is not an end all be all lists but a good start."

Shannon Wallace, Jr *NASM-CPT,CKT,CNT,HKC*
Certified Under Armour Combine 360 Trainer
368 Athletics, Inc.

Coach one player, on every rep, on every play. Praise or correct that athlete in every communication.

Irv Sigler
Jenison High School

Take your time and learn how to deal with people. Strength and Conditioning is more about people/personalities/motivation than sets and reps. Sometimes people get all wrapped up on that part and forget about just motivating people to work hard and be consistent.

Dave Lawson
University of Cincinnati

One point is that in a Strength & Conditioning program, the structure, organization and administration of your program is at least as important as the exercises and methods of training. In the words of Buddy Morris, it's usually not whether the program works or not that determines success, it's whether the athlete works or not.

Stay Strong,
Mike Gentry
Virginia Tech.

Coaching is about solutions. Anybody can tell an athlete what they are doing wrong; Coaches offer solutions. If you offer a solution to an athlete and it does not work a great coach will offer another solution and another until athlete is successful.

Chris Krivos
Oakdale High School

You have 2 ears and 1 mouth; you should listen twice as much as you talk.
No job is too big; no job is too small.

Steve Barrows
The College of Mount St. Joseph

Never say Never, or give up on a kid.
Care about your job and keep teaching principles that will help your players when they are long gone from your team.

Bart Stevens
Ponderosa High School

The biggest advice I would share with new coaches is to watch how others do their job, but be yourself. You can learn what actions or ways of practicing you would like from other coaches, but do not try to act like anyone but yourself.

David Mahaffey
Washington County Public Schools

The kids matter!!!

Some coaches coach as if it is all about them, but it is all about the kids. You can have all kinds of ideas and great concepts, but If the kids do not \"buy in\" then you might as well be coaching a team of snakes. The overall focus of your program MUST be what can the kids take from this team/program and apply to real life.

Coaches have the next greater responsibility to parents to help the kids in your program grow as people, not just players.

Bryan Burdette

The Head Coach is only as good as his Assistants

Chris Conlin
University High School

The advice I would give new coaches is; make sure they are ready to become a head coach. Many young coaches are looking at just the letters behind their name rather than talking with a veteran head coach about the ups and downs in being a head coach.

Harry Hubbard
Chamberlain High School

Even though you know everything about coaching, remember someone else has and knows something different... never give up on your options, but Listen, follow and remember that "failure is only an option to try harder". Embrace it and go for it. And by the way good luck

Perry Nichols
The Chelsea School

You encourage what you tolerate.

John Janecek
Longview High School

The most valuable piece of information on coach I received was from Bruce Bush in 1987...It was about when things are tough..."Anyone can coach when things are going good...when you are winning you can expand your offense...you can be demanding on kids...when times are bad, you have to get more and more simple every day...and more and more positive...if you get simple enough, long enough, most teams turn around...
When things are bad shorten practice too...

Tim Holt
George West

Know your job description and role. If you don't know it ask. Try to improve your knowledge base daily. If you feel you can't learn anymore you are your own worst enemy.

Lisa Fox

Less is more. Most coaches think they need to do a lot of exercises in their workouts, when you can do fewer and focus on technique, weight and reps and get better quality than doing more with less attention paid to details.

Tracy Prosser
University of Central Florida

The number one piece of advice I would share with a young coach is to always find something to improve on. We work in a very diverse profession, there are more niches and philosophical approaches to strength training than I can count and this can be overwhelming. A young coach could spend all day just trying to catch up with the new "trends" of the previous day. This makes it incredibly important to dedicate time for research and learning new techniques and researching how to train our athletes better. I feel that you must believe you will never know enough, if you use this approach you will remain hungry and motivated to reach out and broaden your coaching style. This can be as easy as reaching out to another coach who trains athletes completely different. Remember, you don't have to agree with everything that someone is doing to gain valuable knowledge from that person. Don't ever allow yourself to believe you have it all figured out, because none of us do!

Ted Rath
The Detroit Lions

New coaches need to realize they will be learning throughout their entire career. Read as much as possible about coaching (and not just X's and O's). Identify a mentor and learn as much as possible from a coach who has been around the block. Never - ever forget where you came from and always stay in touch with the people who made an impact in your football career. Set goals just like you ask your players to set goals and take pride in achieving them. Invest your heart in coaching because the heart is the best investment you can make. If your hearts invested then love is a part of what you do. If you love something you will protect it and nurture it. You won't let anything come between what you love. Football coaching takes complete love and dedication - don't ever forget that.

Jason Jackson
Ravenswood High School