



BETTER ATHLETES
BETTER PEOPLE

Double-Goal Coach[®] Self-Assessment

A Double-Goal Coach strives to win, while pursuing the more-important goal of teaching life lessons through sports. A Double-Goal Coach never loses sight of the unique opportunity to use sports for teaching important aspects of life, such as hard work, fair play, teamwork, resilience, delayed gratification, and how to compete fiercely and with class. A Double-Goal Coach also realizes that a coach's words and actions – good or bad – might be remembered for a lifetime.

Assess yourself on each of the statements below using a 1-5 scale:
(1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).

Honor the Game

- _____ 1. I teach my players to show respect for the Rules, Opponents, Officials, their Teammates, and one's Self.
- _____ 2. I seize teachable moments to talk with my players about upholding the team and community culture and to intervene in situation that threaten to violate that culture.
- _____ 3. I model the type of behavior and attitude I want to see from my players both in the team setting and out in the community.

Coach for Mastery of Sport, not just scoreboard wins

- _____ 4. I teach players to focus on mastery through providing maximum effort, continuously learning, and bouncing back quickly from mistakes.
- _____ 5. I introduce a "Team Mistake Ritual" (physical gesture like "flushing mistakes" or "brushing it off") to help players quickly rebound from mistakes.
- _____ 6. I reward effort, not just good outcomes. I recognize players even for "unsuccessful" effort.

Fill Emotional Tanks

- _____ 7. I use encouragement and positive reinforcement as my primary method of motivating.
- _____ 8. I seek to achieve the "Magic Ratio" of five specific, truthful pieces of positive reinforcements to each specific, constructive criticism or correction.
- _____ 9. I ask questions and encourage players to speak and contribute during team meetings.

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Double-Goal Coach Self-Assessment, continued

Teach Life Lessons

_____ 10. I use PCA's Talking Points e-mail series or another guide to help me deliberately and consistently teach important life lessons through sports.