

## CULTURE, PRACTICES AND GAMES

For coaches who have completed PCA's introductory Double-Goal Coach® workshop, this is an ideal follow-up. The introductory workshop will have already covered the Double-Goal Coach principles of Coaching for Mastery of Sport, Not Just Score-board Results; Filling Emotional Tanks; and Honoring the Game.

**CULTURE, PRACTICES AND GAMES** lays the groundwork for your coaches to develop a team culture ("the way WE do things HERE") that is optimal for getting the most out of players during practices and games, while players get the most out of the competitive and educational experience the coach helps create.

Source material includes videos of top pro coaches and athletes from PCA's National Advisory Board, as well as advice and **best-practices** derived from sports and educational-psychologists.

### Ideas explored in the workshop include:

- Creating and refining a **personal coaching philosophy** based on the Double-Goal Coach model
- Developing a team culture that encourages athletes to give 100% effort and to **strive for excellence**
- Establishing a team's "signature statements" and "trigger words" to reinforce those values
- Designing **dynamic practice sessions**
- **Strategies** for common game-coaching challenges such as allocating playing time, dealing with blowout games, and maintaining composure in difficult situations.

