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## PLC Coach Focus of the Week: Humility

This week's coach note is offered by two Social Foundations of Coaching Students: Kayla McBride, ND Women's Basketball and Luke Mishu, ND Men's Soccer.

When coaching, you will come across many different types of athletes that will excel at different levels at different times. There are those who will excel to the highest level and those who may struggle to differentiate themselves. It is important to help the ones who excel to be held to a higher standard when it comes to being humble and gracious for the blessings bestowed upon them. Being humble is a remarkable trait in the greatest of athletes, but more importantly the greatest of people.

Try and keep the better players in check while promoting confidence in the less talented players. It is important for everyone to keep a level head. It is very easy for a talented player on the field to let his/her talents turn into arrogance off the field. Hopefully you are one of the first people to recognize this happening and can prevent it. This attitude leads to athletes feeling "entitled" as individuals.

Coaches can help build the trait of humility by reminding star athletes:

- that their talents are a gift from God.
- that they have a responsibility to help others on their team that may not be as talented
- that others are looking at them for the example they are setting.
- that all people can grow in their skills by the effort they put forth.



**"A champion is seen as someone greater than the event, greater than the skill."**

~ Susan Saint Sing

Talk individually with your "star" athletes to develop their virtue of humility. Also, remember to recognize and appreciate every player's "talent" on the team. To directly do this, you may hold a team meeting where you go around the circle inviting each team member to stand and then ask the other team members to say what qualities that person contributes to the team. This can also be done in writing with the "applause" sheets being sent home with each athlete. Remind athletes that qualities to be pointed out are not just physical traits, but what the individual brings to the team emotionally, socially, spiritually and intellectually.

Coach Like A Champion Today!