



## **PLACT Coach Note: *Champion Coaching Attitude***

This week's coach note comes to us from Notre Dame student Adele Bruggeman, a student in PLACT's Social Foundations of Coaching.

Attitude is everything, as an athlete, as a parent, as a business person, and especially as a coach. Think for one moment, when you walk into a room full of people, what is the first thing that you notice? Most likely it is the energy in the room from the people that inhabit it. Often people's attitude can make or break a day, so if you walk into a room full of happy people, you are more likely to leave with a sense of pleasure. And the same can be said for a room full of negativity, you likely exit with a bad taste in your mouth which may carry over into your next interaction.

The same can be said about a sport practice. As coaches, you are the most significant role model that a team can have. If you walk out onto the field with a positive and upbeat attitude, it is nearly impossible for your team to not adopt a similar attitude to carry out their practice. Therefore it is important to be conscious of the way that you are preparing yourself for practice. If you come out focused and supportive of every individual you have on your team, you will be able to accomplish the most out of your practice. Players are at their best when they have an attitude that allows them to feel that they are achieving success, while also continuing to strive to improve. A player's ability to behave in this fashion is best found when the coach has the ability to foster this attitude. With a positive attitude, much can be accomplished.



**"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen."**

**-Muhammad Ali**

Champions are built on the premises of hard-work, leadership, excellence, and persistence. If you, as coaches, remember to model these behaviors and employ a positive attitude in the process, you will likely develop a team full of champions reflecting your own champion coaching. Then, your team will be unbeatable.