



## The Winning Game Plan:

Today we come to completion of the breakdown of the GROW approach to athlete development - helping athletes grow physically, emotionally, morally and spiritually through sport.

G+R+O=W

Winning is the goal of all sport; however, coach ministers find they are more successful when they remove the focus of sport from the outcome (Winning games and having a Record Season), and pay more attention to the process of putting their teams in the best position to Win (focusing on Goals+Relationships+Ownership).

Sports by nature are competitive. The word competition comes from the Latin *com* meaning "with" and *petere* meaning "to strive." The wonder and joy of competition comes from every team member putting forth everything they have, working together and communicating effectively. Rather than reinforcing winning by congratulations or words of affirmation on a Victory, coaches should:

- Bolster your players' work ethic
- Highlight effort
- Praise displays of character in practice and competitions
- View lost competitions as an "opportunity" to refine skills and game plan to get better
- Emphasize humility when your team is the victor
- Encourage your team to focus on



"Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up."

**~Amby Burfoot,  
Runner's Guide to  
the Meaning of Life**

where they have improved and how they can continue to progress

By reinforcing that your team focus should be on the process of competing (mechanics, strategy, sportsmanship and cooperation and communication with teammates), rather than simply the outcome of the contest (the final on the scoreboard), you and your team will "win."