AMBITIOUS COACHING™
15 CORE PRACTICES

1. INSTRUCTION
   Deliver clear explanations, demonstrations, and instructions about techniques, tactics, and drills.

2. DIAGNOSE
   Diagnose common sports-specific patterns of technical and tactical movement.

3. FEEDBACK
   Provide feedback to athletes on technical and tactical skills.

4. ADAPTING INSTRUCTION
   Adapt and re-frame instructional approaches during training sessions based on informal, ongoing assessment and diagnosis of performance.

5. FRAMING COMMUNICATIONS
   Frame communications and use language to build relationships, encourage trust, and facilitate appropriate risk-taking.

6. SEQUENCING
   Create progressive sequences of drills and training sessions that simulate the technical, tactical, and mental skills needed for competition.

7. ROUTINES
   Establish and implement predictable and consistent, yet flexible, routines and approaches.

8. ALLOWING SPACE
   Create and support regular opportunities for athletes to engage in exploration, display creativity, and practice problem-solving.

9. PRACTICE PLANNING
   Develop, communicate, and flexibly execute a holistic practice plan.

10. GOAL SETTING
    Develop, implement, and evaluate holistic long- and short-term goals for and with the individual athletes and team.

11. COMPETITION MANAGEMENT
    Provide steady, flexible leadership and management for competition.

12. SOCIAL-EMOTIONAL SKILL BUILDING
    Use deliberate structures and language to support the development and transfer of social-emotional skills necessary for athletic and life success.

13. SHARED DECISION-MAKING
    Create and support regular opportunities for athletes to participate in shared decision-making, goal-setting, and expectation setting.

14. RELATIONSHIP BUILDING
    Facilitate formal and informal connections and develop positive relationships with and between athletes.

15. LEADERSHIP DEVELOPMENT
    Facilitate opportunities for athletes to develop and practice leadership skills.

Ambitious Coaching™ is the Center for Leadership in Athletics’ model for coaching excellence, blending high-level athletic performance and social emotional growth and well being. The Core Practices of Ambitious Coaching™ are the activities expert coaches use to achieve holistic outcomes.