

AMBITIOUS COACHING™

15 CORE PRACTICES

1 INSTRUCTION

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

2 DIAGNOSIS

Diagnosis 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.

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, social emotional growth, and well-being. The Core Practices of Ambitious Coaching™ are the activities expert coaches use to achieve holistic outcomes.

