



# DOUBLE-GOAL COACH

Changing the Culture of Scottish Youth Football

HONOUR OUR GAME!

Created from Positive Coaching Alliance

# Positive Coaching Scotland

Club Committee

Teachers

Parents

Coaches

**Creating a Positive Culture**

**The way we do things here**



# What kind of adults do we want our children to become?

## Are you involved with education?

- **Successful Learners**
- **Confident Individuals**
- **Responsible Citizens**
- **Effective Contributors.**





# What do Young People want from Sport ?

- Fun and enjoyment
- Improving themselves / getting fitter
- Being with and making friends
- Competing.





# A Positive Coach is a “Double-Goal” Coach

1. Winning  
(IMPORTANT)

2. Teaching Life Lessons  
(MORE IMPORTANT)

“Every young person deserves a Double-Goal Coach, one who is teaching life lessons as well as striving to put points on the scoreboard” (Phil Jackson - LA Lakers Basketball Coach).



# Double Goal Coaching Model is based on KEY PRINCIPLES

1. Honouring our Game
2. Redefining “Winner”
3. Filling the Emotional Tank.







# HONOUR OUR GAME



# Scenario

Your team under 10's team are competing in a close game.

In the last few minutes of the match the opposition striker has a shot on goal.

Your goalkeeper makes a fantastic, finger tip save to divert the ball past the post and out of play.

The referee is unsure if the goalkeeper made the save and asks your goalkeeper if the result should be a goal kick or a corner.

What would you want your goalkeeper to say?

**Culture is the way we do things here.**



# HONOURING OUR GAME

## The Grass **ROOTS** of Honouring Our Game

### **R**ULES

Refuse to bend the rules to win

### **O**PPONENTS

Respect your opponents by doing the best you can in the fairest possible way

### **O**FFICIALS

Respect the officials at all times

### **T**EAM-MATES

Do not let your side down by your actions or lack of effort

### **S**ELF

Never let yourself down!





# Coaching Tools for Honouring Our Game

## “Teachable Moments”

*“What a child can perform today with assistance, they will be able to perform tomorrow independently” Vygotsky (1996)*

### Positive



### Negative







# REDEFINING 'WINNER'



# REDEFINING “WINNER”

## Scoreboard Definition

Results

Comparison with others

Mistakes not OK

## Mastery Definition

Effort

Learning / Improvement

Mistakes are OK.

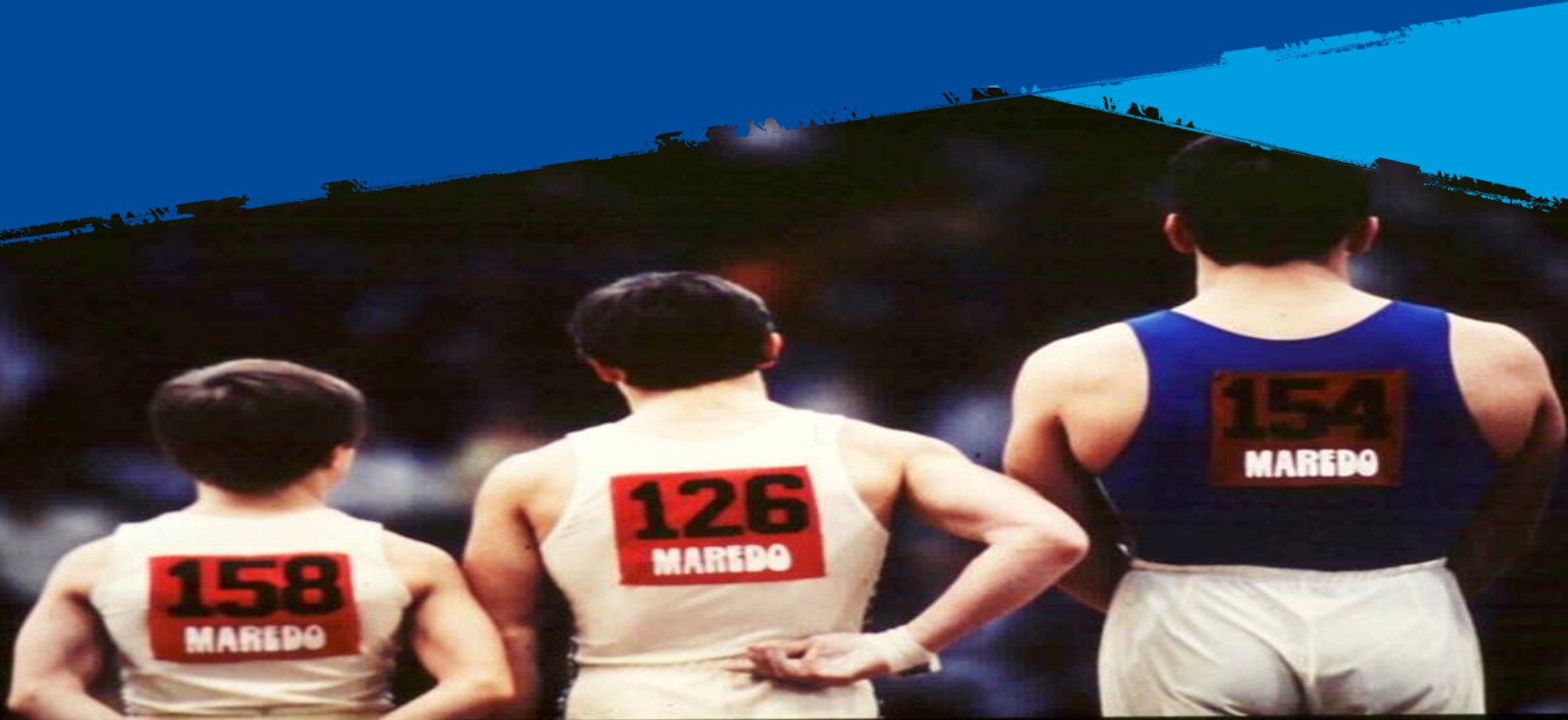


# Coaching Tools for Redefining Winner

Which child is 14 Years old?

“Effort Goals”

Used by Great Coaches In Games & Training





A photograph of two young women in blue soccer jerseys. The woman on the left is smiling broadly, wearing a black and white soccer glove on her right hand. The woman on the right is also smiling and holding a black and white soccer ball. They are standing on a grassy field with a blurred background of trees and a fence. The text "FILLING THE EMOTIONAL TANK" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

# FILLING THE EMOTIONAL TANK

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**E-Tank is like a petrol tank**

**Empty**

**Less coachable**

**Pessimistic**

**Gives up easy.**





# FILLING THE EMOTIONAL TANK

**E-Tank is like a petrol tank**



**Full**

**More coachable  
Optimistic  
Deals with challenges.**





# FILLING THE EMOTIONAL TANK

## Drain

Criticise

Sarcasm

Ignore

Nonverbal

## Fill

Praise (truthful & specific)

Show Appreciation

Listen

Nonverbal.



# Positive Coaching Scotland

## Next steps

- Spread the Positive Coaching message
- Ensure all youth clubs are aware off PCS
- Stay connected to the PCS web site.
- [www.positivecoachingscotland.com](http://www.positivecoachingscotland.com)

