

Being a Coach – what is it really like

The core 8 Realities that All Head Coaches Face:

1. It will consume you.

Coaching is more than just a job – it's a way of life. You'll spend countless hours planning practices, analyzing film, and strategizing for the next game. It can consume you. But when you see your team succeed, it makes it all worth it.

2. There will always be critics.

No matter your success, people will always criticize your decisions and strategies. Even w/State Championship Teams.

Know and Accept this. Always remember that you know your team better than anyone, and your goal is to do what's best for them.

3. You are not in it for the money.

Coaching does not usually pay well, but it's not about the money. Don't calculate your hourly wage.

It is a calling.

A lifestyle.

It's about the love of the game and helping young athletes grow and develop into their full potential.

4. There is no overnight success.

Building a successful team takes time, patience, & dedication.

There will be ups and downs, but if you stay the course, you'll see the results.

Always remember that your #1 job is to Build Culture.

Play the long game with Culture.

5. You need a supportive spouse.

This should be #1 on the list for many!

Coaching can put a strain on your family

Having a spouse who understands and supports your passion is CRITICAL.

Make sure to take the time to show your appreciation and give back whenever possible.

6. You will not make everyone happy.

As a coach, you will make tough decisions that not everyone will agree with.

This happens A LOT.

But remember, you're in it for the benefit of the TEAM, not just one individual.

You will NEVER make everyone happy.

7. You can't want it more than the kids.

As a coach, you can inspire & motivate your players, but ultimately, they have to want it.

This can be hard for a younger coach.

Encourage them to work hard & set goals.

Let them take ownership of their own success.

8. It is still WORTH it!

Despite the challenges, being a coach is incredibly rewarding!

Watching your players grow & develop into strong, confident young adults is one of the best feelings in the world.

Watching a team grow is very rewarding.

Always remember WHY you coach.