

Coaching for Elevation Quick Start Guide

Introduction

This Coaching for Elevation Quick Start Guide is designed to help you get started right away with coaching the Elevation Model. This guide provides a one-page overview of the Elevation Model and a three-step process for getting started:

- Step 1. Assess Your Athletes
- Step 2. Select Your Coaching Priorities
- Step 3. Begin Coaching for Elevation

You can use the additional resources at ElevatingAthletes.net to support your coaching as you proceed.

Turn the page to get started!

About the Elevation Model

The Elevation Model is an action model of athletic development which you can use to help your athletes succeed in athletics and beyond. It is practical, evidence-based, and designed with middle school, high school, and club coaches in mind.

The goal of the Elevation Model is to develop athletes who achieve team success by applying positive life skills.

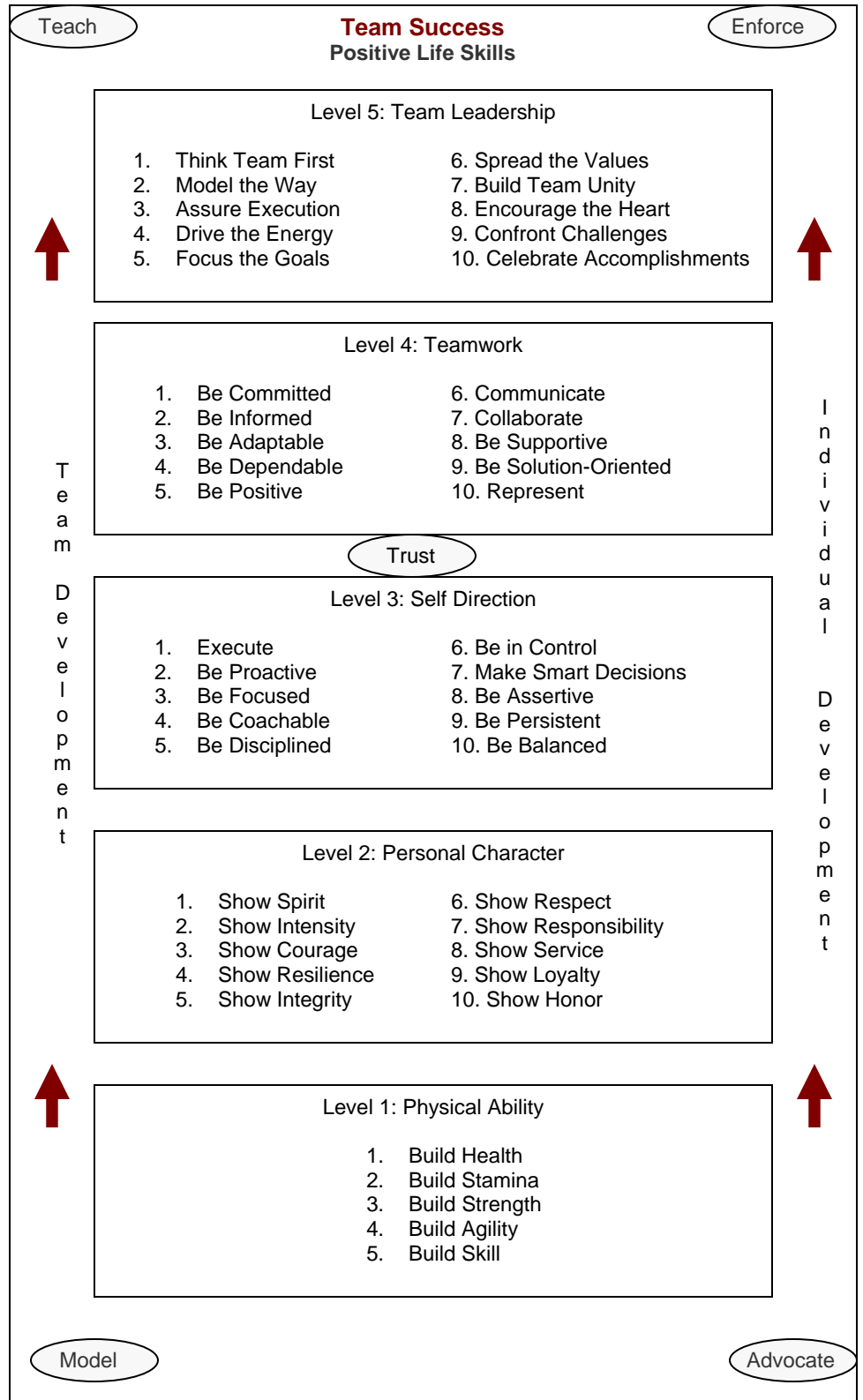
The coach teaches five core competencies which are necessary for team success. Within the core competencies are 45 winning practices of successful athletes. The vast majority of these winning practices are also proven life skills which equip athletes for success in life beyond sports.

As represented in the center of the Elevation Model, the coach aims to lead and teach in ways that build *trust*. This requires authentic caring about the athletes as individuals. It also requires sound principles and consistent coaching.

As represented in the four corners of the Elevation Model, consistent coaching can be achieved using the T.E.A.M. method. T.E.A.M. reminds us to consistently *Teach, Enforce, Advocate, and Model* the principles & practices we want our athletes to learn.

Remember, the Elevation Model is a guide to help you enhance your coaching. Use your own judgment about which aspects of the Elevation Model to use with your team. Then merge the Elevation Model with your own knowledge & experience to elevate your athletes. And be confident that when you coach the Elevation Model, you are truly equipping your athletes for success in sports and in life.

The Elevation Model of Athletic Development



Step 1. Assess Your Team

Complete this [Elevation Team Assessment Tool](#) to determine your team's strengths & weaknesses and select your coaching priorities. Repeat this assessment every one or two weeks to reevaluate where your athletes stand. (Note: Go to [ElevatingAthletes.net](#) for definitions of each competency and winning practice.)

Core Competencies	Rate Your Team Competence	Identify Your Team Needs
	<i>Overall, how strong are your athletes in this competence?</i>	<i>Which winning practices do your athletes need to work on most?</i>
Level 5. Team Leadership	<input type="checkbox"/> We are strong in team leadership <input type="checkbox"/> We need a little work on team leadership <input type="checkbox"/> We need a lot of work on team leadership	<input type="checkbox"/> Think Team First <input type="checkbox"/> Model the Way <input type="checkbox"/> Assure Execution <input type="checkbox"/> Drive the Energy <input type="checkbox"/> Focus the Goals <input type="checkbox"/> Spread the Values <input type="checkbox"/> Build Team Unity <input type="checkbox"/> Encourage the Heart <input type="checkbox"/> Confront Challenges <input type="checkbox"/> Celebrate Accomplishments
Level 4. Teamwork	<input type="checkbox"/> We are strong in teamwork <input type="checkbox"/> We need a little work on teamwork <input type="checkbox"/> We need a lot of work on teamwork	<input type="checkbox"/> Be Committed <input type="checkbox"/> Be Informed <input type="checkbox"/> Be Adaptable <input type="checkbox"/> Be Dependable <input type="checkbox"/> Be Positive <input type="checkbox"/> Communicate <input type="checkbox"/> Collaborate <input type="checkbox"/> Be Supportive <input type="checkbox"/> Be Solution-Oriented <input type="checkbox"/> Represent
Level 3. Self Direction	<input type="checkbox"/> We are strong in self direction <input type="checkbox"/> We need a little work on self direction <input type="checkbox"/> We need a lot of work on self direction	<input type="checkbox"/> Execute <input type="checkbox"/> Be Focused <input type="checkbox"/> Be Proactive <input type="checkbox"/> Be Coachable <input type="checkbox"/> Be Disciplined <input type="checkbox"/> Be in Control <input type="checkbox"/> Be Smart <input type="checkbox"/> Be Assertive <input type="checkbox"/> Be Persistent <input type="checkbox"/> Be Balanced
Level 2. Character	<input type="checkbox"/> We are strong in character <input type="checkbox"/> We need a little work on character <input type="checkbox"/> We need a lot of work on character	<input type="checkbox"/> Show Spirit <input type="checkbox"/> Show Intensity <input type="checkbox"/> Show Courage <input type="checkbox"/> Show Resilience <input type="checkbox"/> Show Integrity <input type="checkbox"/> Show Respect <input type="checkbox"/> Show Responsibility <input type="checkbox"/> Show Service <input type="checkbox"/> Show Loyalty <input type="checkbox"/> Show Honor
Level 1. Physical Ability	<input type="checkbox"/> We are strong in physical ability <input type="checkbox"/> We need a little work on physical ability <input type="checkbox"/> We need a lot of work on physical ability	<input type="checkbox"/> Build health <input type="checkbox"/> Build stamina <input type="checkbox"/> Build strength <input type="checkbox"/> Build agility <input type="checkbox"/> Build skill

Step 2. Select Your Coaching Priorities

In this step you will choose your coaching priorities for coming week(s) based on the assessment in Step 1.

<p>Select Your Target Competencies</p>	<p>Based on the Elevation Team Assessment Tool, which competencies need high priority coaching attention right now?</p>	<p><input type="checkbox"/> Team Leadership <input type="checkbox"/> Teamwork <input type="checkbox"/> Self Direction <input type="checkbox"/> Character <input type="checkbox"/> Physical Ability</p>
<p>Select Your Target Winning Practices</p>	<p>Within the competencies you chose above, which winning practices need high priority coaching attention right now? List them at right.</p>	
<p>Select Your Target Athletes</p>	<p>Based on the competencies and winning practices identified above, which of your athletes need high priority coaching attention right now? List them at right (or list 'whole team' if every needs it).</p>	

Step 3. Begin Coaching for Elevation

In this step you will begin coaching the priorities you identified in Step 2. Remember it is usually sufficient to focus on one competency and a few key winning practices at a time. There is no need to overwhelm your athletes (or yourself) with too much content at one time. As your team improves in one competency or winning practice, you can begin to add additional coaching objectives.

Teach	<ul style="list-style-type: none"> <input type="checkbox"/> Plan to teach in five to fifteen minute sessions <input type="checkbox"/> Define the competency <input type="checkbox"/> Define the winning practices <input type="checkbox"/> Link the competency/winning practices to winning <input type="checkbox"/> Link the competency/winning practices to life success <input type="checkbox"/> Use stories from real life to illustrate the concepts <input type="checkbox"/> Use the Elevation Handouts (at ElevatingAthletes.net) to reinforce your coaching
Enforce	<ul style="list-style-type: none"> <input type="checkbox"/> Set clear expectations for the behaviors you want <input type="checkbox"/> Assign specific responsibilities to each team member <input type="checkbox"/> Make it clear they will be held personally accountable for performance <input type="checkbox"/> Hold athletes accountable for nonperformance using appropriate correction methods
Advocate	<ul style="list-style-type: none"> <input type="checkbox"/> Catch your athletes performing winning practices <input type="checkbox"/> Recognize winning practice performers in front of the team <input type="checkbox"/> Point out winning practice performers from other teams, media reports <input type="checkbox"/> Point out winning practice performers from life beyond sports
Model	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure you are modeling the winning practices in what you say and do <input type="checkbox"/> If you fall short (and we all do), hold yourself accountable and make a change

It is a good idea to reevaluate your team every one or two weeks using the Elevation Team Assessment Tool in Step 1. As your team improves in one area, you might decide to add additional competencies/winning practices to your coaching agenda.