



YOU AND YOUR COACH



Navigating the Player-Coach Relationship

The player-coach relationship is all about power. Coaches make decisions that impact players deeply, sometimes positively, sometimes negatively. While great coaches use their influence to guide and uplift, others may misuse their power - whether intentionally or not. Most fall somewhere in between, doing their best but occasionally making mistakes.

Like parents, coaches bring their own past experiences and emotions to the field. They have immense control over their players but limited control over game outcomes, which can lead to frustration. Understanding this can help players approach their coach with both honesty and grace.

To build a strong relationship, players should communicate openly while also recognizing the pressures coaches face. By reflecting on both positive and challenging experiences, players can gain insight into their own values and expectations in sports.

Try This: Your Top Five List

If you were a coach, what five experiences would you want your players to have with you? Consider leadership, skill development, respect, and other qualities you value.

- 1.
- 2.
- 3.
- 4.
- 5.

Now, think about what could prevent you from being that kind of coach. Understanding both sides of the player-coach dynamic can help foster trust and growth in your sports journey.

If these questions sparked some curiosity and understanding for you, pick up a copy of **“FROM GOOD TO GREAT ATHLETES JOURNAL”** and dare dive deeper. **3A Athletics** exists to transform the landscape of youth sports into a place where we all thrive. See you on the field.



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