Click the image or here to watch what unfolds when two Mongolian wrestling coaches fail to hold back their emotions in the 2016 Olympics. This behaviour cost the Mongolian wrestler his bronze medal.

But how could this have been avoided? And what lessons can we as coaches take from this?

To help us answer these questions, sports coach UK have published a research summary titled: ‘Emotional Coaching’. The focus of this research is to examine how coaches control their emotions and how these can be influenced by internal and external pressures. You can read the full summary here.

One key finding that informs this research on ‘Emotional Coaching’ is that ‘controlling emotion leads to performance improvement’. This is something that we as coaches should be aiming toward for both our players and ourselves. And as the above video from the wrestling ring shows, naked ambition alone is not enough to reach Olympic heights.

The conclusion this research draws is that: ‘coaches who are motivated by their own personal standards…manage emotion in a more pre-emptive manner and are better at controlling anger.’ With the implication being that coaches who are better at controlling their anger and at controlling their wider emotions are more likely to achieve sporting success.
So what influences you when setting your own personal standards? Have you thought through your own coaching standards and values?

If you have, then these personal standards and values collectively make up your coaching philosophy. If you have not, then how do you create a personal coaching philosophy?

This insightful and generous article from John Forman outlines his own volleyball coaching philosophy and the background behind the principles he holds. It may be a very useful starting point for you to see the look of someone else’s coaching philosophy.

But remember, you don’t have to create your own coaching philosophy in this way or have it encompass any of these principles. However, as shown by the wrestling video and the ‘Emotional Coaching’ research, it is important to have a coaching philosophy; a set of internal, personal standards that you set yourself with regard to your coaching. Ultimately, this will help to give you direction, manage your emotions and improve the performance of you as a coach and your players.