



# How to be your own Coach

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# Things we'll cover

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- Why do you need to learn to be your own coach?
- What our definition of “Being Coachable” is
- Managing your career from season to season
- Goal Setting

# Why do you need to learn to be your own coach?

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- You'll have many different voices throughout your career (T-Ball to Pro)
- Nobody can play the game FOR you
- Coaches have different personalities



“Gathering information and applying  
what you feel makes sense”

Our definition of being Coachable

# Traits of coachable players

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- Respectful
- Ambitious
- Open Minded
- Confident
- Self-Aware
- Humble
- Interested
- Consistent



# Managing your career from season to season

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- Each season will need a different version of you, but staying true to yourself and your goals can remain the same
- Not everybody's experience is the same
  - Playing Time
  - Injuries
  - Position
  - Outside Factors
- Fair does not mean equal
- Independent Confidence vs. Dependent Confidence

# Goal Setting

Specific

**S**  
**G**

What do you want to do?

Measurable

**M**  
**O**

How will you know when you've reached it?

Achievable

**A**  
**A**

Is it in your power to accomplish it?

Realistic

**R**  
**L**

Can you realistically achieve it?

Timely

**T**  
**S**

When exactly do you want to accomplish it?

# Tips to reach your goals

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- Keep it simple and focused
- Positive Affirmations
- Written Plan of Action, Defining an End Date
- Tell a friend(s), find people who support you
- Be intentional
  - Remove Distractions
  - List your priorities, keep your goals in sight daily
- Forgive yourself for mistakes, nobody is perfect
  - *“If you got a flat tire, you wouldn’t slash the other three”*



# Things we covered

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Coaches! Post your favorite Goal Setting Technique for your players in the Slack Channel!