

Fridley Tigers Volleyball

Head Coach – Jon Enns

Coaching Philosophy

I coach because I love molding a group of unknown athletes together to reach for a common goal by building relationships with their teammates and their community. I believe that being part of a team teaches life lessons that will help the athletes be successful all throughout life. I believe that through this process the players will experience success on and off the court.

In our program for high school athletes, winning is important. It is not my main focus but at the high school level it is a big reason why athletes play and coaches coach the game, for the competition and the thrill of victory. Winning on the scoreboard is not my only definition of winning. I consider winning striving to reach the goals you mapped out, character transformations within the individual and the constant journey of shaping young athletes. Even though at times you may not come out ahead on the scoreboard, we will always find victories within our program.

I truly believe that if our program continues to focus on athlete development and the athlete experience, winning and performance will fall into place. By putting the athletes in an environment where they have a positive experience and they are learning the skills they need, they will experience success in one form or another.

I strive to build a mastery centered climate on things that my players have control over - *Attitude, Effort and Sportsmanship*. In our program effort is encouraged, cooperation is emphasized, mistakes are part of learning and everyone on the team is able to make a contribution.

My program is a model of my personal character so that any time there is a bump in the road it is also a reflection that I need to fix something about myself first. This type of model requires check-ins for both the coach and athlete throughout the season so we can constantly gage the climate of the team and determine if we are on the same course we started off on at the beginning of the season or if we have strayed.

Leadership

I believe that there is a time and a place for athletes to be involved in decision making, however this should be one of the main roles the coach. I always have my athlete's best interests in mind and I can see the big picture in situations when my athletes may not. There may be a time where athletes can help determine some minor team rules, choosing some rewards, or picking out a favorite drill in practice. The athletes need to have some autonomy but only in areas where the choices will not alter the vision of the coach and the program.

A captain's leadership is also very important to the team. Captains are the connection from the team to the coach. The captains should be role models that the entire team can look up to and follow their actions. It is very important that the captains are in complete understanding and support of the coach's vision and philosophy for the program. It is important to have weekly check-ins with the captains to gauge the team chemistry in the locker room.

Sportsmanship

It is the coach's responsibility to develop of a team of high character and sportsmanship and it is also the coach's responsibility to ensure that the team is adhering to the culture the coach is trying to create. There must be accountability throughout the season which might require discipline to ensure the coach's philosophy is being followed.

Psychological Skills

I believe that psychological skills are just as important as physical skills. Physical skills may start you off in the game but it is the psychological skills that will keep you in it.

Psychological skills are of utmost importance in our program, especially mental toughness. Being mentally tough gives the athlete an edge to cope with the sports' demands giving you a superior edge over your opponents. Our program works on these skills year round so the athletes are then able to put those skills into play during team meetings, practices and games.

Goal setting is another psychological skill that we always focus on. Setting goals gives the individual and the team a direction about where they want to go and what they want to accomplish. The goals we set are always positively worded, simple and are able to be easily measured to monitor progress.

I do not measure my worth on wins and losses. I do not believe in basing my worth on outcomes produced by teenagers that I cannot control. I will measure my worth at the end of the day by evaluating the attitude, effort and sportsmanship of my team in practice, in competitions and off the court in the community.

- Coach Enns