

YOUR COACHING PURPOSE 45 DAYS OUT CHECKLIST

45 DAYS OUT

It's mid-June and you've been hired to your first high school coaching position. Let's assume it's a fall sport and you're about **45** days away from an **August 1st** start date.

DAY 45 TO 30

Know which **NFHS courses** and **paperwork** are required before you begin. Know which **level** (JV, V) and **position** (Goalies? Wide Receivers? Catchers?) you're working with. Ask for your coaching **responsibilities** and **expectations** (video setup, study hall, laundry). Purchase yourself **'game day shoes'** (unless provided)- *your feet will thank me later.*

Get yourself to the off-season workouts. Complete YCP modules: **Intro, Identity, Mindset, & Roles/Styles** before **+30**.

DAY 30 TO 14

Between **30 and 14** days out from Day One, make sure you have **completed** all **paperwork** and **NFHS** courses. You should have already started to become acquainted with the coaching staff and players via **off-season workouts**.

Start planning your **practice schedule** and **drills**. If you're the head coach, full **inventory** needs to be completed. As an assistant coach sit down with the head coach or coordinators/position coaches and learn the **scheme** they want to run (zone defense, Wing-T offense, small ball, etc.). Begin to plan your **drills** and **fundamentals** with the coaches.

Complete YCP modules: **True Self, Give and Take, Stress Management, and Self-SWOT**.

DAY 14 TO 7

Collect the **contact info** for your position group or side of the ball. Start working on your **"position manual"** for your players. They should know your expectations and terminology. Complete YCP modules: **Core Values** and **Success**.

DAY 7 TO 1

The final week is for preparing to become a full-time coach. **Complete** your "position manual."

Complete YCP modules: **Purpose** and **Gameplan**.

Have your "Why I coach" speech prepared for Day One.

CHECKLIST:

DAY 45 TO 30

- ___ Start on NFHS Courses
- ___ Start on school/county paperwork
- ___ Know the level of the sport
- ___ Know the position/group you're with
- ___ Ask for responsibilities and expectations
- ___ Purchase 'Game Day Shoes'
- ___ Attend off-season workouts
- ___ Complete YCP modules:
 - ___ Introduction
 - ___ Identity
 - ___ Mindset
 - ___ Role and Styles
- ___ **Meet with supervising coach by Day +30**

DAY 30 TO 14

- ___ Complete NFHS Courses
- ___ Complete school/county paperwork
- ___ Be acquainted with players
- ___ Be acquainted with coaching staff
- ___ Start planning practice schedule
- ___ Start planning our every day drills
- ___ *Head Coaches: Complete Inventory*
- ___ Learn the scheme you'll run as a program
- ___ Learn the fundamentals needed
- ___ Complete modules:
 - ___ True Self
 - ___ Give and Take
 - ___ Stress Management
 - ___ Self-SWOT
- ___ **Meet with supervising coach by Day +14**

DAY 14 TO 7

- ___ Collect contact info of your athletes
- ___ Start your "position manual"
- ___ Complete modules:
 - ___ Core Values
 - ___ Success
- ___ **Meet with supervising coach by Day +7**

DAY 7 TO 1

- ___ Complete your "position manual"
- ___ Complete modules:
 - ___ Purpose
 - ___ Gameplan
- ___ "Why I coach" speech ready for Day One
- ___ **Meet with supervising coach by Day +1**
- ___ Day Zero: Go relax!