

## Supporting Highly Motivated Football Coaches

The following is a list of reasons that football coaches have given in answer to the question. Why do I coach football? Please look at each reason and decide how much you agree with it. Then tick the relevant column.

Your question is: Why do I coach football?

Reasons for taking part	I agree	I'm not sure	I do not agree
1. I enjoy visiting different grounds and stadiums			
2. I enjoy learning skills to develop my coaching			
3. I like the challenge and can get better			
4. Tactics in football fascinate me			
5. I like competing with other coaches			
6. I like the social side			
7. It is exciting on match day			
8. My partner wants me to coach football			
9. I can win personal and team accolades			
10. I'm good at it			
11. It makes me feel special			
12. I love all the facets that come with coaching (tactical, technical, social, physical, psych)			
13. I have fun helping players get the best out of themselves			
14. I can be part of a team			
15. I enjoy being outside in the fresh air			
16. It gives me energy			
17. I enjoy the banter			
18. I enjoy the challenge of trying to beat other teams			
19. I learn about myself			
20. I learn self-control			
21. I enjoy trying to perfect my craft as a coach			
22. My friends or family want me to play			
23. For financial gains			
24. I could be chosen to coach better teams or squads			
25. It makes me feel good			
26. I enjoy the travelling that comes with football coaching			
27. It takes me away from other stressors or worries in my life			
28. I enjoy developing better people not just better football players			
29. I like meeting new people in football			
30. Football is all I know			

Now look at the list and write down the three most important reasons that you coach.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Consider if your own ego gets in the way with some of your motivations for coaching football. Make a note about what you notice (Do you get caught in the trap of pleasing other people, getting caught chasing perfection, or by paying too much attention to results, league tables or trophies).