

KEY READINGS

Ongoing Learning for Elite Sport Leaders

THE READING

Voight, M. (2006). Applying sport psychology philosophies, principles, and practices on the gridiron: An interview with Pete Carroll. *International Journal of Sports Science & Coaching*, 1 (4), 1 – 13.

WHAT IS THE POINT?

Illustrating how sport psychology-related principles and practices are used by a major collegiate head football coach.

HOW WAS THE INFORMATION OBTAINED?

Many prominent coaches tend to not want to share their secrets and philosophies. Voight (2006) was able to land an extensive interview with Pete Carroll, the highly successful head football of the USC Trojans. In the process, Pete Carroll shared a fascinating and inspiring story which includes his philosophical principles, building relationships, and strategy. Voight was able to relate sport psychology to Pete Carroll's coaching philosophy.

WHY IS IT RELEVANT?

- Coaching philosophy starts with **'Having a vision'**
- Philosophy: The importance of knowing what you believe and what is most important to you
- Carroll's philosophical model includes trust, preparation, support systems, courage, and confidence