



Heather's Coaching Philosophy

My coaching philosophy stems from three primary components: First, I am extremely motivated by the success of my players; Second, I strive to coach to the top and bottom performers on my teams; Third, I see the *whole* experience as absolutely instrumental to success.

In coaching, I define success specific to the individual player. Success will not be winning for all players, instead, success can take a number of different forms, such as improved leadership abilities, renewed confidence, and enhanced communication. Success can be as simple as being able to juggle more tomorrow than you did today, or learning a new move, or making a new friend. For the vast majority of these players, the goal is not college soccer or professional soccer. My role as a coach is to use the game to enhance and develop skills that will help them be successful in life and whatever passions they choose to pursue.

In coaching it is sometimes easy to coach to the middle or the average player, however, I believe this can be incredibly limiting for the team and individuals. I instead focus much of my time on developing sessions and lessons aimed at the most and least experienced players. As you maximize the potential of your top players you are able to raise the ceiling on expectations for them as well as their teammates. Similarly, by focusing on those who have the most room to grow you can decrease the gap between them and their teammates. Ultimately, the whole team grows and matures and each player is made better along the way. Most important to this process is fairness and trust. It is essential that my players believe in the process and have trust in my ability to support them. This is developed through my ability to be fair and consistent with all players and something I am always working to improve.

The women they become will reflect all life experiences. In the case of Sol, I hope that they become better leaders, develop empathy and open-mindedness for others, make life-long friendships, and have a lot of fun along the way. Soccer has literally given me everything professionally and personally. I hope that their experience with Sol gives them the confidence to know that they are capable of achieving the highest of highs.