

A photograph of two volleyball players in black uniforms celebrating on a court. The player on the left is wearing jersey number 14 and has her mouth wide open in a shout, with her right arm raised. The player on the right is also celebrating with her arms raised. A volleyball net is visible in the background. A yellow rectangular box is overlaid on the center of the image, containing the text 'MOVING FROM GREAT TO ELITE'.

**MOVING FROM  
GREAT TO ELITE**

# COACH PROFILE

Girls Volleyball | 21 years experience

## HIGHLIGHTS

- Ecsell Sports' easy-to-understand Coaching Effect report was the catalyst for working more closely with her AD.
- Coach did not focus on wins and losses but only on improving the student-athlete experience.
- Coach improved every theme score in the most challenging year of coaching (COVID-19).

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## KEY COACHING BENEFITS

- The AD presented her Coaching Effect Results in a clear and actionable way.
- The Coaching Effect data motivated her to improve how she impacted the team's psych safety, challenge, communication, and skill development.
- Her overall Coaching Effect score grew nine points, from 86% to 95%.

# BACKGROUND

- Team motto: Play hard. Love each other. Do what we do. Coach trusts that these core values positively shape her student-athletes.
- Coach has a “growth mindset and believes that student-athletes want love and respect. She seeks out growth opportunities and uses past Coaching Effect scores as improvement tools.
- She wants her team to look back and think that high school were the best years of their life thus far.

*“Ecell Sports gave me concrete feedback that allowed me to grow! For me to improve the student-athlete experience, I first need to know what my athletes are thinking.”*





# CHALLENGES

- Because of COVID, she knew greater emphasis and creativity were required to improve the love, respect, and safety needed to perform at peak levels.

# SOLUTION

- The coach worked with the athletic director to find creative ways to build team bonds – book studies, socially distanced meetings in unique places, and more.
- Set actionable processes in place to focus on challenge and skill development. The coach set three one-to-ones meetings with varsity players to discuss goals and roles on the team. Coach took more time to explain drills and how training improved competence, confidence, and technique.
- Coach instilled a sense of playing fearlessly by executing practice drills that emphasized psychological safety.

# THE WIN

1



Highest scoring coach we've ever measured with the Coaching Effect survey.

2



Final Ranking in the state.

9



Point growth in overall Coaching Effect Score.

87



Coaches winning percentage last season.

## YOU'VE GOT TO BE IN THE GAME TO WIN IT!

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