

SKILLS FOR COACHES AND TIPS FOR SUCCESS

1. Teach Kids Skills

- Blend the teaching of skills into your practice plan
- Teach skills before kids face new or difficult situations
- Look for opportunities to teach, practice, and reinforce skills

2. Praise and Compliment

- Catch kids being good
- Praise three times for every correction or criticism (3-to-1 Rule)
- Help kids connect appropriate behavior to desired outcomes

3. Correct Misbehavior

- Set and stick to your tolerance levels (the line you draw between acceptable and unacceptable behavior)
- Address misbehavior right away; teach to it.
- Give consequences when necessary

4. Be Organized

- Have a practice plan
- Keep players busy and reduce idle time
- Set and work toward goals

5. Have High Energy

- Motivate yourself
- Interact with players
- Be physically active

6. Model

- Dress like a coach
- Never use foul language
- Use proper conduct with players, opponents, and officials

7. Communicate with Parents

- Let parents know your rules and expectations ahead of time
- Notify parents of changes or concerns
- Be empathetic

8. Understand Big Picture

- Teach life skills through sports
- Emphasize competing, not defeating
- Have fun